Lotus Foods Ltd.

Contributors

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Publication/Creation

London: Lotus Foods, 1977.

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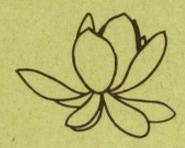
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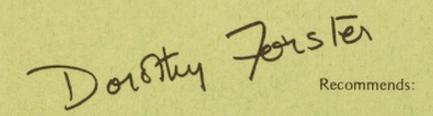


LOTUS FOODS LTD.

LOTUS FOODS LTD. is a new company formed with the specific intention of trying to help you, the consumer, with your own problems in endeavouring to give yourself and your family nutritious food within the reach of your financial budget.



We start with a limited range of specially selected high quality foods to suit not only the would-be Vegetarian but those who simply cannot afford to buy meat any more.



- LOTUS Textured vegetable protein This is a top quality extruded (not knitted) Tvp for use in savoury dishes as a meat alternative or meat extender. Flavoured or Unflavoured Mince, Natural Chiplets, Chunks or Slices.
 See over for nutritional analysis.
- LOTUS LIQUID VEGETARIAN RENNET for making Junket. This is the first time such a product has been available to the public. Now a vegetarian can serve Junket and Cream in the traditional style of our grandmothers or add any flavour of your choice.
- LOTUS SOYA SPLITS. These are partially cooked Soya Beans. They save the housewife cooking time (only 20 mins. after soaking) and fuel costs, whilst retaining an interesting texture similar to peanuts. They are ideal as a natural source of protein in, for example, a vegetable stew.

Calories - average 100 per oz.

LOTUS "SEA MAGIC" – By the discriminating use
of Lotus ground Dulse in conjunction with Lotus Tvp
dishes to replace fish can be produced which are both
interesting and nourishing. Try this with traditional
fish sauces such as green parsley, or Fennel or Dill (see
recipe sheet).

"The sea contains all the minerals the human body needs." (James Hewitt, "About Foods", 1964.)

Typical Analysis of Unflavoured Lotus Typ Mince in dry state:

Protein 51% Fat 3% Moisture 10% Ash 6% Carbohydrate 30% – (Fibre 4%)

Amino Acid Profile g/100g of product

Lysine 3.2 Histidine 1.4 2.1 2.5 Threonine Valine Methionine 0.7 Leucine 3.8 Phenylalanine 2.6 Isoleucine 2.3 Tryptophane 0.7

Minerals mg/100g of product

Magnesium 240 Iron 10 Calcium 300

Vitamins of the B Group mg/100g of product

Thiamin 2 Riboflavin 0.8

Vitamin B12 5 mcg/100g

Calories

370 cals/100g Tvp (105 cals/oz) Dry 123 cals/100g Tvp hydrated with two parts by weight of water (35 cals/oz)

Varieties

Unflavoured — Brown Mince, Natural Chiplets
Brown Chunks, Natural Slices.

Flavoured — Beef-Like Brown Mince — others coming shortly.

"Intent on the welfare of all beings." Upanishad

LOTUS FOODS LTD., 29-31 St. Lukes Mews, London, W11 1DF.