



# Fy™ Culinary Base



## Simplify your recipes & optimize your menu

Nature's Fynd Fy Culinary Base is a revolutionary dairy-free cream, fat, butter, and egg replacement (in certain applications) made from Fy, a fermented fungi protein.

## Reasons to love Fy Culinary Base

- Big 9 allergen-free speed scratch solution
- Hot and cold recipe versatility in a single ingredient
- Neutral flavor profile for adaptation to both sweet and savory recipes
- Dilutable to replace sour cream & mayo to heavy cream to milk
- Potential for pantry consolidation

**Ingredients:** Dairy-Free Fy™ Milk (Water, Nutritional Fungi Protein), Avocado Oil, Contains <2% Cane Sugar, Citrus Fiber, Xanthan Gum, Guar Gum, Salt, Natural Flavor.

## Better for you vs. heavy cream & mayo

- Fewer calories
- Reduced total fat & saturated fat
- Zero cholesterol

### 100g Fy Culinary Base

Nutrition Facts	
Serving Size	(100g)
Amount per serving	
<b>Calories</b>	<b>200</b>
% Daily Value*	
<b>Total Fat</b> 21g	<b>27%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 50mg	<b>2%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 2g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 17mg	2%
Iron 0mg	0%
Potassium 5mg	0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### 100g Heavy Cream

Nutrition Facts	
Serving Size	(100g)
Amount per serving	
<b>Calories</b>	<b>340</b>
% Daily Value*	
<b>Total Fat</b> 36g	<b>46%</b>
Saturated Fat 23g	<b>115%</b>
Trans Fat 1.2g	
Polyunsaturated Fat 1.6g	
Monounsaturated Fat 9.1g	
<b>Cholesterol</b> 113mg	<b>38%</b>
<b>Sodium</b> 27mg	<b>1%</b>
<b>Total Carbohydrate</b> 2.7g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 2.9g	
<b>Protein</b> 2.8g	
Vitamin D 1.6mcg	8%
Calcium 66mg	5%
Iron 0.1mg	1%
Potassium 95mg	2%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### 100g Mayo

Nutrition Facts	
Serving Size	(100g)
Amount per serving	
<b>Calories</b>	<b>680</b>
% Daily Value*	
<b>Total Fat</b> 75g	<b>96%</b>
Saturated Fat 12g	<b>60%</b>
Trans Fat 0.2g	
Polyunsaturated Fat 45g	
Monounsaturated Fat 17g	
<b>Cholesterol</b> 42mg	<b>14%</b>
<b>Sodium</b> 635mg	<b>28%</b>
<b>Total Carbohydrate</b> 0.6g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0.6g	
<b>Protein</b> 1g	
Vitamin D 0.2mcg	1%
Calcium 8mg	1%
Iron 0.2mg	1%
Potassium 20mg	0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



## Usage Instructions

Fy Base can be used in place of the below dairy counterparts:

### THICKEST

to replace sour cream/mayo

use Fy Base as is

### MEDIUM

to replace heavy cream

1 part Fy Base : 1 part water  
(1 cup = ½ cup Fy Base  
+ ½ cup water)

### THINNEST

to replace whole milk

1 part Fy Base : 3 parts water  
(1 cup = ¼ cup Fy Base  
+ ¾ cup water)

## Recipe Ideas

### Chocolate Pudding



A rich and luxurious vegan pudding, using Fy Culinary Base in place of heavy cream and egg yolks.

### Alfredo Sauce



Fy Culinary Base makes an alfredo sauce that's just as creamy and flavorful without any cream, butter, or cheese.

### Caesar Dressing



Fy Culinary Base gives this vegan Caesar dressing its creaminess without the use of egg yolks.

**Email us for the full recipe guide**

Pack Size	Shelf Life	Handling Instructions	Net Wt / Case	Pallet Configuration
2 x 1-gal	120 days refrigerated	Keep refrigerated. Once opened, consume within 7 days.	16lb	11 x 9 = 99 cs/pallet

**Add Fy Culinary Base to your kitchen and do more with one base.**



Vegan



Allergen Free



Gluten-free