

Giorgio®

# GIORGIO FRESH the trend to blend

tradition • quality • safety • variety

Today, people of all ages, from Millennials to Boomers are more concerned about eating healthier. This is reflected in the growing rate of vegetarian and flexitarians. On top of this, commodity prices are also affecting menuing decisions at home and in restaurants.

## **NOW MORE THAN EVER, IT'S TIME TO BLEND MEAT/PROTEINS WITH MUSHROOMS.**

Mushrooms are a nutritional super food low in calories and sodium; fat free; a good source of Vitamin D, Potassium, B Vitamins, and other antioxidants.

**Finely chopped mushrooms look, act, taste and perform like ground meat.**

**Blended together with meat this combination adds taste and health benefits to popular foods.**

### **Mushrooms and meat go together naturally:**

- Mushrooms and Beef are the only foods that are high in more than one source of meaty, savory umami (the fifth flavor)
- A 50-50 mixture of two nucleotide (umami) compounds can produce eight times as much flavor as either one of the compounds alone!

*(source: Iowa Beef Industry Council/The Umami Center)*

### **NO SACRIFICE IN FLAVOR**

**Sensory research conducted by the Culinary Institute of America compared 100% All-Meat Taco to 50:50 Mushroom-Beef Blend**

- Overall, groups preferred 50:50 Blend
- 50:50 Blend had better “flavor”, salt levels, moisture content and spice levels

Visit the Giorgio Fresh website at [www.GiorgioFresh.com](http://www.GiorgioFresh.com) to learn more about the nutritional benefits of mushrooms.

**TURN OVER FOR DRAMATIC EXAMPLES ON THE BLENDABILITY BENEFITS OF MUSHROOMS OR [CLICK HERE](#) FOR RECIPES**

*America's Favorite Mushroom*

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## Meatballs Nutritional Comparison

### 50:50 Blend vs. USDA Meatball Recipe

NUTRITIONAL INFORMATION	BEEF MEATBALL (2) USDA RECIPE D-27	MUSHROOM & BEEF MEATBALL (2)
CALORIES	195	125
TOTAL FAT	10.26g	5.75g
SAT. FAT	4.22g	2.04g
CHOLESTEROL	67mg	33mg
SODIUM	122mg	97mg
CARBS	7.90g	7.71g
FIBER	1.30g	1.51g
PROTEIN	17.04g	10.57g



### The Mushroom and Beef Meatball Blend delivers:

- 36% less calories
- 44% less fat
- 52% less saturated fat
- 20% less sodium
- Maximizes meat portion
- Removes grain serving

## Taco Nutritional Comparison

### 50:50 Blend vs. USDA Taco Recipe

NUTRITIONAL INFORMATION	BEEF TACOS (2) USDA RECIPE D-13	MUSHROOM & BEEF TACOS (2)
CALORIES	299	243
TOTAL FAT	16.36g	12.29g
SAT. FAT	5.80g	3.90g
CHOLESTEROL	46mg	23mg
SODIUM	253mg	245mg
CARBS	20.36g	22.06g
FIBER	3.00g	3.98g
PROTEIN	18.26g	13.20g

### The Mushroom and Beef Taco Blend delivers:

- 19% less calories
- 25% less fat
- 33% less saturated fat
- 3% less sodium
- Contributes to 3 vegetable subgroups
- Maximizes meat portion
- Removes grain serving

## Nutritional Benefits of using a Mushroom Blend

### Reduction in Calories, Fat, Saturated Fat and Sodium

PRODUCT	CALORIES	FAT	SAT. FAT	SODIUM
MEATBALLS	-36%	-44%	-52%	-20%
BEEF TACOS/SALSA VERDE	-19%	-25%	-33%	-3%
TACO PIE	-21%	-34%	-48%	-15%
BURGER	-11%	-14%	-15%	-11%
TURKEY BURGER	-20%	-23%	-25%	-5%

Contact your Giorgio representative for more information.

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