



K-Quik is a ready-to-use liquid emulsion of medium chain triglycerides (MCT). For use in the ketogenic diet or in the dietary management of conditions requiring MCT from 3 years of age.

USE UNDER MEDICAL SUPERVISION.



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K·QUIK RECIPES

Thai tofu curry

Prep time 15 minutes | **Cook time** 15 minutes
Recipe makes 1 serving

INGREDIENTS

100 g Miracle Noodles™
1 ¼ Tbsp (25 g) sunflower oil
50 g tofu
25 g zucchini (rinsed, diced)
25 g mushrooms (rinsed, sliced)
20 g green bell pepper (rinsed, chopped)
1 g garlic (raw, cut into thin slices)
15 g scallions (rinsed, chopped)
1 g coriander seeds
Pinch (1 g) chili powder
2 g ground ginger
Pinch (1 g) Thai 7 spice
Pinch (1 g) turmeric powder
55 g coconut milk, canned (unsweetened)
1/3 cup (80 ml or 80 g) K-Quik
25 g spinach (rinsed)

DIRECTIONS

- 1 Place the noodles in a colander and rinse under cold water. Drain well and set aside.
- 2 Heat oil in a large frying pan.
- 3 Add tofu, vegetables, and spices. Sauté until the vegetables are soft.
- 4 Pour in coconut milk and K-Quik; simmer for another 3 minutes.
- 5 Add spinach and noodles. Cook for 2 minutes.
- 6 Serve warm and enjoy.

Nutrition Info Per Serving:

Fat 52.5 g | **Protein** 8.5 g | **Net Carbohydrate** 8.6 g | **Calories** 540 kcal

Macronutrient Ratio 3:1:1



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K·QUIK RECIPES, *CONTINUED*

Thai chicken curry

Prep time 15 minutes | **Cook time** 15 minutes

Recipe makes 1 serving

INGREDIENTS

100 g Miracle Noodles™
1 ¼ Tbsp (25 g) sunflower oil
40 g chicken, light meat, raw
25 g zucchini (rinsed, diced)
25 g mushrooms (rinsed, sliced)
20 g green bell pepper (rinsed, chopped)
1 g garlic (raw, cut into thin slices)
15 g scallions (rinsed, chopped)
1 g coriander seeds
Pinch (1 g) chili powder
2 g ground ginger
Pinch (1 g) Thai 7 spice
Pinch (1 g) turmeric powder
55 g coconut milk, canned (unsweetened)
1/3 cup (80 ml or 80 g) K-Quik
25 g spinach (rinsed)

DIRECTIONS

- 1 Place the noodles in a colander and rinse under cold water. Drain well and set aside.
- 2 Heat oil in a large frying pan.
- 3 Add diced chicken, vegetables and spices. Sauté until the vegetables are soft and chicken is cooked.
- 4 Pour in coconut milk and K-Quik; simmer for another 3 minutes.
- 5 Add spinach and noodles. Cook for 2 minutes.
- 6 Serve warm and enjoy.

Nutrition Info Per Serving:

Fat 52.1 g | **Protein** 13.4 g | **Net Carbohydrate** 7.4 g | **Calories** 551 kcal

Macronutrient Ratio 2.5:1

Be sure to check with your healthcare professional before making changes to your diet.

The KetoDietCalculator database was used for the nutrition analysis. These recipes have been specifically designed for use in a ketogenic diet. Please check the nutrition information per serving and the ketogenic diet ratios to ensure the recipe is suitable for your individualized meal plan.

Usage of any brand name is not considered a recommendation or endorsement of Vitaflo. Specific brand names were included for accuracy of the nutrition information. The nutrition information could change depending on the brand of the product you choose and should only serve as a guideline. Be sure to check the nutrition label of any product substitution to ensure it is suitable for you. Refer to labels for allergen information and suitability.

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