Claims

[1] A scrambled-egg-like food product, comprising:

a gelled product; and

a fluid composition,

the gelled product containing one or more plant-based milks selected from soy milk, oat milk, and almond milk and calcium alginate and being gelated by the calcium alginate,

the fluid composition containing the plant-based milk,

a content of the fluid composition is 10% or more and 50% or less.

[2] The scrambled-egg-like food product according to claim 1, wherein

a content of the calcium alginate in the gelled product is 0.2% or more and 1.2% or less.

[3] The scrambled-egg-like food product according to claim 1 or 2, wherein

the gelled product further contains dietary fiber.

[4] The scrambled-egg-like food product according to claims 1 to 3, wherein

the gelled product further contains edible fats and oils.

[5] The scrambled-egg-like food product according to any one of claims 1 to 4, wherein

a content of a protein derived from the plant-

based milk in the gelled product is 0.5% or more and 5.0% or less.

[6] A cooked-egg-like food product, comprising:

the scrambled-egg-like food product according to claims 1 to 5.