

ABSTRACT

A plant-based cheese-like food comprising plant-based protein and having the nutritional value required of a food while exhibiting a cheese-like texture, and a method for producing the same are provided.

The problem can be solved by a plant-based cheese-like food comprising starch, water, an emulsifier, fats and oils, and plant-based protein in which the mass ratio of the total mass of the starch and the plant-based protein to the water is between 0.40 to 0.80, inclusive and the mass ratio of the plant-based protein to the fats and oils is between 0.10 and 0.55, inclusive. Furthermore, the cheese-like food can exhibit a texture closer to that of commercially available processed cheese by comprising at least one of hydroxypropylated starch, hydroxypropyl distarch phosphate, or acetylated distarch adipate as the starch.

No Figure.