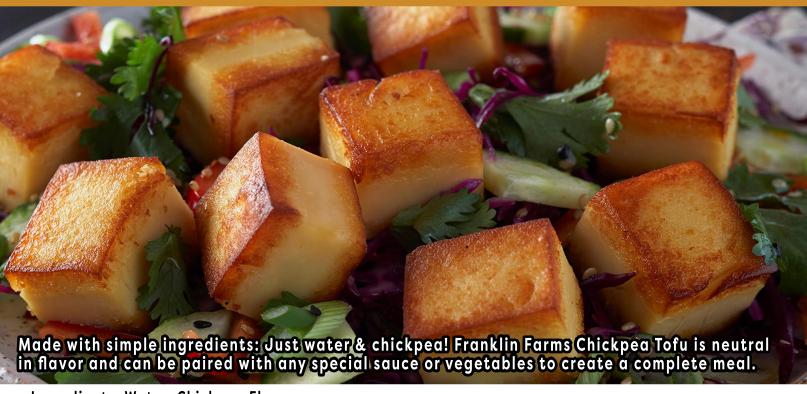


# Chickpea Tofu (V) Food Service Collection



Ingredients: Water, Chickpea Flour.

#### **Cooking Guidelines:**

Chickpea Tofu can be enjoyed hot or cold and in a variety of recipes including dips, egg salad, salads, stir-fries and soups.

Pan-Fry: Lightly oil pan and pan-fry Chickpea Tofu a few minutes on each side until golden brown.

Air-Fry: Cut Chickpea Tofu into cubes and lightly oil. Air-Fry at 400°F for 10-12 minutes until golden brown.

Kosher: Yes

Storage: Keep Refrigerated

Nutritional Values are calculated from USDA Nutrient Database, supplier information, and/or analysis.

Case UPC: 044325251051

0 44325 25105

Case Pack: 12/12.5 oz units

Gross Weight: 11 lbs. Item #: K207

LxWxH: 11.94" x 8.88" x 5.25"

Ti/Hi: 17 x 8

<b>Nutrition Fa</b>	cts
4 servings per container <b>Serving size 3 oz</b>	(85g)
Amount per serving	
<b>Calories</b>	<u>70</u>
	aily Value*
Total Fat 1g	1%
Saturated Fat Og	0%
Trans Fat Og	
Cholesterol Omg	0%
Sodium Omg	0%
<b>Total Carbohydrate</b> 10g	4%
Dietary Fiber 1g	5%
Total Sugars 1g	
Includes Og Added Sugars	0%
<b>Protein</b> 4g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1mg	6%
Potassium 190mg	4%
*The % Daily Value (DV) tells you how mu	uch a nutrient

in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



# Serving Suggestions

Chickpea Tofu can be pan-fried and added to a salad, sandwich or served cold and blended into dips and even made into a Chickpea Tofu 'egg salad.'

Serve on bread or added to a fresh salad.



## Recipe

### Chickpea Tofu 'Egg Salad'

#### Ingredients:

1 Package of Franklin Farms Chickpea Tofu, cut into small cubes. 1/2 cup of plant-based Mayo, 2 Tablespoons of Yellow Mustard, 1/4 of a Red Onion, diced, 2 Celery Stalks, diced, 1 Teaspoon of Garlic Powder, 1 Teaspoon of Onion Powder, 1 Teaspoon of Dried Dill, Salt & Pepper.

#### Directions:

Combine all ingredients in a bowl and mix to combine. Gently mash the Chickpea Tofu while keeping larger chunks for texture. Enjoy as a sandwich, lettuce wrap or with crackers for a quick snack!