



# Vac Packed Extra Firm Cubed Tofu (V)

Food Service Collection



**Vacuum Packed Cubed Extra Firm Tofu. Season or add to a vibrant sauce to create a delicious meal.**

**Ingredients:** Water, Soybeans, Coagulants (Calcium Sulfate, and/or Nigari [Magnesium Chloride], and/or Glucono Delta-Lactone). **CONTAINS:** Soy.

### Cooking Guidelines:

Tofu is precooked and can be served hot or cold

**To bake:** Marinate tofu with sauce for 30 minutes or more, turning occasionally. Preheat oven to 400 degrees. Spray cooking oil on the baking sheet, place tofu on the baking sheet and bake for 15 minutes. After 20 minutes, turn tofu over and brush with additional sauce. Bake another 15 minutes or until tofu color turns browned on edge. Brush additional sauce and serve.

**Pan-Fry:** Lightly oil pan and pan-fry tofu for a few minutes on each side until golden brown.

**Storage:** Stored under refrigerated condition (typically 33 - 40 F).

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

### Nutrition Facts

2.5 servings per container  
**Serving size 3 oz (85g)**

Amount per serving  
**Calories 130**

% Daily Value\*

**Total Fat 6g 8%**

Saturated Fat 1g 5%

Trans Fat 0g

**Cholesterol 0mg 0%**

**Sodium 0mg 0%**

**Total Carbohydrate 5g 2%**

Dietary Fiber 3g 11%

Total Sugars 0g

Includes 0g Added Sugars 0%

**Protein 14g**

Vitamin D 0mcg 0%

Calcium 250mg 20%

Iron 1mg 6%

Potassium 140mg 2%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Case UPC: 705723820354  
DOT #747848



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Case Pack: 8 oz/pack, 40 pks/case  
Gross Weight: 25 lbs.  
Item #: FXFC  
LxWxH: 15.5" x 11.25" x 8.25"  
Ti/Hi: 10 x 5

## Serving Suggestions

Cubed Extra Firm Tofu is perfect for marinating or seasoning with savory seasonings. Pan-Fry and serve with fresh veggies for a complete meal.

Tofu provides plant-based protein with no cholesterol.



## Recipe

### Sesame Ginger Tofu with Asparagus

#### Ingredients:

1 Package of Franklin Farms Cubed Extra Firm Tofu, 1 bunch of asparagus, 1 tablespoon of olive oil, sauce: 1/4 cup sesame oil, 1/3 cup olive oil, 2 tablespoons of rice wine vinegar, 3 tablespoons of soy sauce, 1 tablespoon of sugar, 1 teaspoon of grated ginger, 1 garlic clove, minced, 1 teaspoon of sesame seeds, green onions for garnish.

#### Directions:

Combine all ingredients for the sauce in a bowl and mix to combine. In a large pan over medium heat, add the olive oil. Once the oil is hot, add in the asparagus and cook until tender and remove from the pan. Next, add in the cubed tofu and pan-fry until golden brown. Once the tofu is finished, add the asparagus back in along with the sauce and cook for an additional 5-7 minutes until the sauce starts to thicken. Remove from the heat and serve with sliced green onions.