



Lemon Pepper Flavored Tofu Bites (V)

Food Service Collection



Lemon pepper seasoned vacuum packed cubed extra firm tofu. Ready to enjoy hot or cold.

Ingredients: Tofu (Water, Soybeans, Calcium Sulfate, Glucono Delta Lactone), Salt, Sugar, Natural Flavors, Spices, Lemon Peel, Distilled White Vinegar, Maltodextrin, Onion Powder, Garlic Powder, Citric Acid, Turmeric. **Contains:** Soy. **May Contain:** Sesame.

Cooking Guidelines:

Tofu is precooked and can be served hot or cold.

To bake: Preheat oven to 400 degrees. Spray cooking oil on the baking sheet, place tofu on the baking sheet and bake for 15 to 20 minutes, turning half way through.

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

6 servings per container

Serving size 2 oz (57g)

Amount per serving

Calories 100

% Daily Value*

Total Fat 5g 6%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 380mg 16%

Total Carbohydrate 4g 1%

Dietary Fiber 1g 5%

Total Sugars < 1g

Includes <1g Added Sugars 2%

Protein 10g 18%

Vitamin D 0mcg 0%

Calcium 130mg 10%

Iron 0mg 0%

Potassium 100mg 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: 7 05723 82039 2



7 05723 82039 2

Case Pack: 12 oz/pack, 15 pks/case

Gross Weight: 12.5 lbs.

Item #: FLEPC12

LxWxH: 11.375" x 12.625" x 5.25"

Ti/Hi: 12 x 8

Serving Suggestions

Lemon Pepper Flavored Tofu Bites are already marinated & seasoned making it an easy option for lunch or dinner.

Top a salad, add to a stir-fry or simply snack from the package!



Recipe

Lemon Peppr Tofu Bite Tacos

Ingredients:

1 Package of Franklin Farms Lemon Pepper Tofu Bites, 1 cup of lettuce or thinly sliced cabbage, 1 tomato, diced, 1/2 of a white onion, diced, 1 avocado, diced, flour tortillas, cilantro, lime.

Directions:

In a skillet over medium heat, add 1 package of Franklin Farms Lemon Pepper Tofu Bites and sauté until heated. If the tofu bites start to stick, add 2 tablespoons of water. While the tofu bites are sautéing, warm the tortillas in a pan. Build the tofu tacos by adding the cabbage or lettuce, tofu bites, onion, tomato and avocado. Garnish with cilantro, squeeze of fresh lime juice and serve.