



Organic Vac Packed Firm Tofu

Ingredients: Water, Organic 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.

Sauté or Pan Fry: Lightly oil the pan and use low heat to prevent sticking. Tofu can also be broken into small pieces to resemble a ground texture. Add seasoning or sauce if preferred.

Bake: Cut tofu into small pieces. Coat with olive oil and desired seasonings. Bake on a greased baking sheet at 400° for 25 minutes (turning once) until crisp and golden.

Air-Fry: Cut tofu into small pieces and coat with olive oil and desired seasonings. Add to air fryer and cook for 15-20 minutes until golden and crisp.

Certified Organic by: QAI

NOTE :Keep Refrigerated.

UPC: 705723820323
DOT #722835



Pack: 12/14 OZ
Gross weight: 12 LB
Item #: K477
LxWxH: 9.875" x 8.625 x 4.875"
Ti/Hi: 19x5

Nutrition Facts

About 53 servings per case

Serving size 3 oz (85g)

Amount per serving

Calories 80

% Daily Value*

Total Fat 4g **5%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 3g **1%**

Dietary Fiber 2g **6%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 8g

Vitamin D 0mcg 0%

Calcium 70mg 6%

Iron 3mg 15%

Potassium 350mg 8%

*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.

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

Serving Suggestions

Tofu is a good source of plant-based protein and can be enjoyed in a variety of different ways.

Add tofu to a stir-fry, crumble for a taco filling or make a tofu scramble!



Recipe

Tofu Scramble

Ingredients:

Organic Firm Tofu, Cherry Tomatoes, Fresh Parsley, Garlic & Onion Powder, Turmeric, Olive Oil, Salt & Pepper, Toast of Choice.

Directions:

In a large skillet over medium heat, heat 1 tablespoon of oil and add tofu. Using a spatula, break tofu into a 'scramble' texture. Add 1 teaspoon of each garlic powder, onion powder and salt and pepper. Add a 1/2 cup of sliced cherry tomatoes and a 1/2 teaspoon of turmeric and sauté for 5-7 minutes. Remove from heat and add to toasted bread or fold into a tortilla to create a breakfast wrap!