



Water-Packed Organic Firm Tofu (V) (GF)

Food Service Collection



Non-GMO, Kosher & Organic. Firm in texture and suitable for various recipes.

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

- Plant-Based
- Kosher
- Organic
- Non-GMO
- 8g of Protein Per Serving

Certified Organic by: QAI

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

Case UPC: 7 05723 82033 0
DOT #741475



7 05723 82033 0

Case Pack: 12/14 oz units
Gross Weight: 19 lbs.
Item #: K479
LxWxH: 12.625" x 11.375" x 5.25"
Ti/Hi: 12 x 8

Nutrition Facts

About 54 servings per container

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.

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 with Asparagus & Rice Noodles

Ingredients:

1 Package of Franklin Farms Organic Firm Tofu, drained and cubed, 1 Package of cooked Rice Noodles, Steamed Asparagus, Red Chili Pepper, sliced, Green Onion, sliced, 1 tsp of Garlic Powder, 1 tsp of Onion Powder, 1 tsp of salt, 1 tbsp of Olive Oil, Lemon Juice, Black Sesame Seeds.

Directions:

Season tofu with garlic, onion and salt. In a pan over medium heat, add oil. Pan-fry the tofu until it becomes golden brown on each side. Add in cooked rice noodles, steamed asparagus and toss to combine. Serve with sliced red chili pepper, green onion, squeeze of lemon juice and a sprinkle of black sesame seeds. Enjoy!