



**Water-Packed Firm Tofu can be cut into cubes, marinated and pan-fried. Serve with rice and fresh veggies for a delicious plant-based meal.**

**Ingredients:** Water, Non-GMO 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.

Case UPC: 705723810027  
 DOT #758352



Case Pack: 5.5 LB/pack, 4 pks/case, 12 pieces per tray  
 Gross Weight: 34 lbs  
 Item #: FLPC  
 LxWxH: 15.5" x 11.25" x 8.25"  
 Ti/Hi: 10 x 5

### Nutrition Facts

29 servings per case

**Serving size** 3 oz (85g)

Amount per serving

**Calories** 90

% Daily Value\*

**Total Fat** 5g 6%

Saturated Fat 1g 4%

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 100mg 8%

Iron 0mg 0%

Potassium 110mg 4%

\*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

Firm Water Packed Tofu is packed with 8 grams of soy protein and delivers a firm texture in every bite.

Firm Tofu can be enjoyed by baking or pan-frying to create a crispy texture



## Recipe

### Firm Tofu with Citrus Orange Sauce

#### Ingredients:

1 block of Franklin Farms Firm Tofu, cubed, 4 tablespoons of olive oil, sauce: 4 cups orange juice, zest from 2 oranges, 4 garlic cloves, minced, 3 teaspoons of white pepper, 4 tablespoons of soy sauce, 2 teaspoons of crushed red pepper, 4 tablespoons of white vinegar, 4 tablespoons of flour or corn starch.

#### Directions:

Combine all ingredients (except for Flour or Cornstarch) in a medium saucepan over low-medium heat. Heat until simmering. While the sauce is simmering, heat oil in a large pan and add cubed tofu. Pan-fry for a few minutes until golden brown. Turn off heat and let rest. Combine flour or cornstarch with enough water to make a paste (about 2-3 Tablespoons) and combine. Add mixture to the sauce and stir to combine. Let simmer for another 5 minutes until sauce is thickened. Add prepared tofu and enjoy. Serve with rice or veggies for a balanced meal.