



BBQ Flavored Tofu Bites (V)

Food Service Collection



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

Ingredients: Tofu (Water, Soybeans, Calcium Sulfate, Glucono Delta Lactone), Sugar, Dehydrated Tomato Powder, Salt, Smoke Flavor, Modified Corn Starch, Caramel Color, Molasses, Distilled White Vinegar, Dehydrated Onion, Paprika, Spices, Garlic Powder. **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	110
<i>% Daily Value*</i>	
Total Fat 5g	6%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 360mg	15%
Total Carbohydrate 7g	3%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 2g Added Sugars	5%
Protein 9g	16%
Vitamin D 0mcg	0%
Calcium 180mg	14%
Iron 0mg	0%
Potassium 120mg	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 82040 8



7 05723 82040 8

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

Gross Weight: 12.5 lbs.

Item #: FBBQC12

LxWxH: 11.375" x 12.625" x 5.25"

Ti/Hi: 12 x 8

Serving Suggestions

BBQ 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

BBQ Tofu Bite Appetizer Platter

Ingredients:

1 Package of Franklin Farms BBQ Tofu Bites, carrot sticks, celery sticks, ranch dressing dip.

Directions:

Tofu Bites make a great party appetizer! Simply heat BBQ Tofu Bites for a few minutes in a pan or serve cold and add to a platter with celery, carrots and your favorite plant-based ranch for dipping!