



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

**Ingredients:** Tofu (Water, Soybeans, Calcium Sulfate, Glucono Delta Lactone), Salt, Spices, Autolyzed Yeast Extract, Dextrose, Garlic Powder, Turmeric, Natural Flavors, Onion Powder, Citric Acid, Sugar, Carrot 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	
<b>Serving size</b>	<b>2 oz (57g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>100</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 290mg	<b>12%</b>
<b>Total Carbohydrate</b> 3g	<b>1%</b>
Dietary Fiber 2g	<b>6%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 11g	<b>20%</b>
Vitamin D 0mcg	0%
Calcium 160mg	12%
Iron 1mg	4%
Potassium 95mg	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 82037 8



7 05723 82037 8

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

Gross Weight: 12.5 lbs.

Item #: FCURC12

LxWxH: 11.375" x 12.625" x 5.25"

Ti/Hi: 12 x 8

## Serving Suggestions

Curry 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

### Curry Tofu Bites with Sautéed Peas & Carrots

#### Ingredients:

1 Package of Franklin Farms Curry Flavored Tofu Bites, 1 cup of diced carrots, 1 cup of frozen sweet peas, 1/2 cup of vegetable broth, 1 tablespoon of olive oil, parsley for garnish.

#### Directions:

In a large pan over medium heat, heat oil and add the carrots and peas. Sauté until slightly soft and add the package of tofu bites. Toss to combine and add the vegetable broth and let simmer for 5-7 minutes. Garnish with parsley and serve along side rice for a complete meal.