



**Soft and chewy texture with a nutty flavor.**

**Ingredients:** Cultured Organic Soybean, Water. **Contains:** Soy.

### Cooking Guidelines:

Prepare tofu according to recipe directions.

### Application Ideas:

Stir Fry, Grill or Sauté

**NOTE :**Keep Refrigerated.

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

**Certified Organic by: QAI**

UPC: 705723850207  
 DOT #722837



Pack: 20/8 OZ  
 Gross weight: 10.60 LB  
 Item #: K502  
 LxWxH: 10"x 9.875" x 4.875"  
 Ti/Hi: 20X5

## Nutrition Facts

About 60 servings per case

**Serving size 1/3 block (75g)**

Amount per serving

**Calories 170**

% Daily Value\*

**Total Fat** 7g **9%**

Saturated Fat 1g **5%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 0mg **0%**

**Total Carbohydrate** 10g **4%**

Dietary Fiber 4g **14%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

**Protein** 17g

Vitamin D 0mcg **0%**

Calcium 70mg **6%**

Iron 1.3mg **8%**

Potassium 340mg **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

Tempeh is a very versatile ingredient that can be pan-fried, baked or crumbled. With 17 grams of plant protein per serving, you can't go wrong with tempeh!

Marinate tempeh in your favorite sauce & serve with rice and veggies for a complete meal!



## Recipe

### Tempeh Satay with Peanut Sauce

#### Ingredients:

Tempeh, Zucchini Noodles, Peanut Sauce (peanut butter, soy sauce, cane syrup, water, garlic powder, crushed red pepper, sesame oil), wooden skewers

#### Directions:

Combine 1 cup of peanut butter, 1 T of soy sauce, 2 T cane syrup, 1\2 cup of warm water, 1\2 tsp of garlic powder, 1\4 tsp crushed red pepper and 1 tsp sesame oil together in a bowl.

Start by slicing Tempeh into 1-1\2-inch-thick slices. If using skewers, push the slices of Tempeh onto each skewer. Using a large skillet or stove-top grill attachment, heat 4 tablespoons of oil over medium-high heat.

Add the Tempeh and sauté. While sautéing, brush each side of the Tempeh with a generous amount of peanut sauce. Continue to sauté and brush the Tempeh with sauce until the Tempeh is golden brown and has a crisp texture on the outside. Serve Tempeh Satay on a bed of 'zoodles' with extra peanut sauce for dipping. Enjoy!

\*Skewers are not required. Tempeh can be prepared the same way by cutting the Tempeh into chunks and sautéing. \*If using wooden skewers, soak in water 30 minutes prior to using.