



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

Ingredients: Tofu (Water, Soybeans, Calcium Sulfate, Glucono Delta Lactone), Sugar, Soy Sauce (Soy Sauce [Water, Soybeans, Wheat, Salt], Maltodextrin, Salt, Sucrose, Yeast Extract), Sesame Oil, Salt, Modified Corn Starch, Dehydrated Garlic, Distilled White Vinegar, Sesame Seed, Onion Powder, Natural Flavors, Spice, Caramel Color. **Contains:** Sesame, Soy, Wheat.

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

% Daily Value*

Total Fat 6g 8%

Saturated Fat 1.5g 6%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 390mg 17%

Total Carbohydrate 4g 1%

Dietary Fiber 1g 5%

Total Sugars 2g

Includes 2g Added Sugars 4%

Protein 11g 20%

Vitamin D 0mcg 0%

Calcium 200mg 15%

Iron 0mg 0%

Potassium 75mg 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 82038 5



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

Gross Weight: 12.5 lbs.

Item #: FTERC12

LxWxH: 11.375" x 12.625" x 5.25"

Ti/Hi: 12 x 8

Serving Suggestions

Teriyaki 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

Teriyaki Tofu Bites with Pineapple, Veggies & Rice

Ingredients:

1 Package of Franklin Farms Teriyaki Tofu Bites, 1 cup of fresh diced pineapple, 1 cup of snap peas, 1 red bell pepper, sliced, 2 cups of rice, 1 tablespoon of olive oil, scallions for garnish.

Directions:

Start by cooking rice according to package directions and set aside. In a large pan over medium heat, add olive oil and sauté bell pepper and snap peas until slightly tender. Add the pineapple and package of tofu bites and toss to combine. Cook on low for 5 minutes. Serve with rice and a sprinkle of scallions.