



Bulk Vacuum Packed Firm Tofu

Ingredients: Water, 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.

Sauté or Pan Fry: Lightly oil the pan and use low heat to prevent sticking. Add seasoning or sauce if preferred.

Bake: Cut tofu into small pieces. Coat with olive oil and desired seasonings. Bake on a greased baking sheet at 400° for 25 minutes (turning once) until crisp and golden.

NOTE: Keep Refrigerated

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

UPC: 705723810010
 DOT #722836



Pack: 12/14 OZ
 Gross weight: 12 LB
 Item #: K478
 LxWxH: 9.875" x 8.625 x 4.875"
 Ti/Hi: 19x5

Nutrition Facts

About 53 servings per case

Serving size 3 oz (85g)

Amount per serving

Calories 80

% Daily Value*

Total Fat 4g **5%**

Saturated Fat 0.5g **3%**

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 70mg 6%

Iron 3mg 15%

Potassium 350mg 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

Tofu is a good source of plant-based protein and can be enjoyed in a variety of different ways.

Add tofu to a stir-fry, crumble for a taco filling or make a tofu scramble!



Recipe

Sesame Garlic Stir-Fry with Crispy Tofu and Soba Noodles

Ingredients:

Firm Tofu, Soba Noodles, Yellow Bell Pepper, Broccolini, Green Onion, Sesame Oil, Soy Sauce, Garlic, Crushed Red Pepper, Brown Sugar, Corn Starch

Directions:

Pre-heat oven to 400° and start preparing tofu. Cut tofu into bite-sized cubes. In a bowl, add the tofu and cornstarch and gently toss to coat the tofu with the cornstarch (this will help it get extra crispy!). Add tofu to a baking sheet lined with foil and coated with non-stick cooking spray. Bake the tofu for 25-30 minutes (turning once) until crisp and golden (if you prefer it extra crispy, increase cooking time).

Prepare soba noodles and set-aside. In a large skillet over low heat, add the sesame oil and garlic and sauté for a few minutes. Add the peppers and broccolini and sauté until the vegetables become tender. Add the soy sauce, crushed red pepper and brown sugar. Stir and let simmer for 5 minutes.

Once the tofu is finished cooking, add the tofu to the skillet with the sauce and vegetables. Gently toss the tofu with the sauce and vegetables. Add the soba noodles and toss all ingredients together. Top with fresh green onions and black sesame seeds. Enjoy!