



Made with simple ingredients: Just water & chickpea! Franklin Farms Chickpea Tofu is neutral in flavor and can be paired with any special sauce or vegetables to create a complete meal.

Ingredients: Water, Chickpea Flour.

Cooking Guidelines:

Chickpea Tofu can be enjoyed hot or cold and in a variety of recipes including dips, egg salad, salads, stir-fries and soups.

Pan-Fry: Lightly oil pan and pan-fry Chickpea Tofu a few minutes on each side until golden brown.

Air-Fry: Cut Chickpea Tofu into cubes and lightly oil. Air-Fry at 400°F for 10-12 minutes until golden brown.

Kosher: Yes
Storage: Keep Refrigerated

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

Case UPC: 044325251051
 DOT #758349



Case Pack: 12/12.5 oz units
 Gross Weight: 11 lbs.
 Item #: K207
 LxWxH: 11.94" x 8.88" x 5.25"
 Ti/Hi: 17 x 8

Nutrition Facts

4 servings per container

Serving size 3 oz (85g)

Amount per serving

Calories 70

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 10g 4%

Dietary Fiber 1g 5%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 4g

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 1mg 6%

Potassium 190mg 4%

*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

Chickpea Tofu can be pan-fried and added to a salad, sandwich or served cold and blended into dips and even made into a Chickpea Tofu 'egg salad.'

Serve on bread or added to a fresh salad.



Recipe

Chickpea Tofu 'Egg Salad'

Ingredients:

1 Package of Franklin Farms Chickpea Tofu, cut into small cubes. 1/2 cup of plant-based Mayo, 2 Tablespoons of Yellow Mustard, 1/4 of a Red Onion, diced, 2 Celery Stalks, diced, 1 Teaspoon of Garlic Powder, 1 Teaspoon of Onion Powder, 1 Teaspoon of Dried Dill, Salt & Pepper.

Directions:

Combine all ingredients in a bowl and mix to combine. Gently mash the Chickpea Tofu while keeping larger chunks for texture. Enjoy as a sandwich, lettuce wrap or with crackers for a quick snack!