



Unseasoned vacuum packed cubed extra firm tofu. Season or add to a vibrant sauce to create a delicious meal.

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.

To bake: Marinate tofu with sauce for 30 minutes or more. Preheat oven to 400 degrees. Spray cooking oil on the baking sheet, place tofu on the baking sheet and bake for 15 minutes. After 15 minutes, turn tofu over and brush with additional sauce. Bake another 15 minutes or until browned on edges. Brush on additional sauce and serve.

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).

Nutrition Facts

4 servings per container

Serving size 3 oz (85g)

Amount per serving

Calories 130

% Daily Value*

Total Fat 6g 8%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 5g 2%

Dietary Fiber 3g 11%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 14g 25%

Vitamin D 0mcg 0%

Calcium 250mg 20%

Iron 1mg 6%

Potassium 140mg 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 82036 1



7 05723 82036 1

Case Pack: 12 oz/pack, 20 pks/case

Gross Weight: 16 lbs.

Item #: FDFC12

LxWxH: 9.5625" x 9" x 9.125"

Ti/Hi: 20 x 4

Serving Suggestions

Unseasoned Tofu Bites are perfect for marinating or seasoning with savory seasonings. Pan-Fry and serve with fresh veggies for a complete meal.

Tofu provides plant-based protein with no cholesterol.



Recipe

Spring Salad with Citrus Tofu

Ingredients:

1 Package of Franklin Farms Plain Tofu Bites, 1 package of spring mix, 1 small zucchini, thinly sliced, 1 carrot, thinly sliced, 1 green onion, cut into slices, 1 tablespoon of sesame oil, 1 tablespoon of soy sauce, juice of 1 orange, sesame seeds.

Directions:

Combine sesame oil, soy sauce and juice from orange in a bowl and add tofu. Cover and marinate in the refrigerator for 1 hour. Once the tofu has marinated, sauté tofu (reserve sauce) in a medium size pan sprayed with cooking spray over medium heat. Allow tofu to crisp before turning the tofu. Sauté tofu until each side is golden brown.

Toss tofu, salad mix, zucchini and carrots with the remaining sauce. Top with green onions and sesame seeds and enjoy.

*We recommend using a vegetable peeler to achieve 'ribbon' like slices