



Non-GMO, Kosher & Plant-Based. Firm in texture and suitable for various recipes.

Ingredients: Water, Non-GMO 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.

- Plant-Based
- Kosher
- Non-GMO Project Verified
- 7g of Protein Per Serving

Storage: Stored under refrigerated condition (typically 33 - 40 F).

Case UPC: 7 05723 82034 7
 DOT #741474

Case Pack: 12/16 oz units
 Gross Weight: 20 lbs.
 Item #: K480
 LxWxH: 12.625" x 11.375" x 5.25"
 Ti/Hi: 12 x 8



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Nutrition Facts

About 60 servings per container

Serving size 3 oz (85g)

Amount per serving

Calories **70**

% Daily Value*

Total Fat 3.5g **4%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 2g **1%**

Dietary Fiber 2g **8%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 7g

Vitamin D 0mcg 0%

Calcium 100mg 8%

Iron 1mg 4%

Potassium 110mg 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.

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

Zesty Tofu Tacos

Ingredients:

1 Package of Franklin Farms Firm Tofu, drained, Tortillas, Red Onion, Tomato, Corn, Cilantro, Queso Fresco Cheese, Lime, Oil, Taco Seasoning.

Directions:

In a large pan over medium heat, add 1 T of oil. Once the oil is hot, add the tofu and use a spatula to break it into a crumbled texture. Add desired amount of taco seasoning and cook for 10 minutes.

While the tofu mixture is cooking, prepare your toppings. Dice 1\4 red onion and 1\4 tomato. Roughly chop the cilantro. For the corn, frozen or canned corn can be used.

Heat tortillas according to package directions and prepare tacos. Add the tofu mixture into the tortilla and top with toppings and a squeeze of fresh lime juice. Enjoy!