



**PROTEIN** - FULLY COOKED



# PRE-FRIED TOFU

Tofu cubes with flash fried texture.

Suggested Uses:

- Enjoy as a snack, appetizer or meal, flavorful on its own or pair with dipping sauce
- Add to salads and rice bowls
- Use for tacos, wraps, or sandwiches

**0g**  
TRANS FAT

**NO**  
MSG



## Pre-fried Tofu

### Product Description:

3/4" tofu cubes with flash fried texture

### Ingredient Statement:

Organic Flash Fried Tofu (Water, Certified Organic Soybeans, Bittern or Nigari, An Extract of Seawater, Natural Calcium Sulfate), Certified Organic Soy or Canola Oil. Contains: Soy.

### Preparation Instructions: These products are not ready to eat. Please follow the appropriate instructions.

**Stove Top:** Bring a pot of water large enough to completely submerge the tofu. Bring Tofu to a boil (a medium/large saucepan works best). Gently slip the frozen tofu block/cubes into the water. Return the water to a boil, then reduce the heat to a gentle simmer. Continue simmering the tofu for 15 minutes, flipping once half way through. Cooking times will vary from cubed to blocks please time accordingly.

### Pack Facts:

<b>Pack:</b>	4/5 lb
<b>Piece Count/Pkg:</b>	Not Applicable
<b>Piece Count/Case:</b>	Not Applicable
<b>Case Net Wt (Lbs):</b>	20
<b>Case Gross Wt (Lbs):</b>	21
<b>Case Dimension:</b>	11.5"L x 15"W x 7.5"H
<b>Case Cube:</b>	0.75
<b>Cases/Pallet Layer:</b>	10
<b>Layers/Pallet:</b>	6
<b>Cases/Pallet:</b>	60
<b>Package Dimension:</b>	NA
<b>UPC:</b>	
<b>GTIN:</b>	00695119379057

### Shelf Life:

<b>Frozen:</b>	6 months
<b>Refrigerated:</b>	n/a
<b>Holding @140° F:</b>	n/a
<b>Ambient Storage:</b>	

### Nutrition Facts

Serving Size 1/2 cup (100 g)  
Servings Per Container: 90

#### Amount Per Serving

**Calories** 271 **Calories from Fat** 182

	% Daily Value	
<b>Total Fat</b>	20 g	31%
Saturated Fat	3 g	15%
Trans Fat	0 g	0%
<b>Cholesterol</b>	0 mg	0%
<b>Sodium</b>	16 mg	1%
<b>Total Carbohydrate</b>	10.5 g	4%
Dietary Fiber	3.9 g	4%
Sugars	0 g	
<b>Protein</b>	17 g	
Vitamin A	0%	Vitamin C 0%
Calcium 96%		Iron 28%