

# SOL™

## CUISINE

### Firm Tofu

- Made with organic soybeans from Ontario farmers
- Source of protein
- Cholesterol free
- Available in bulk and retail



<b>Kosher</b>	✓	<b>Certified Organic</b>	✓
<b>Vegan</b>	✓	<b>Halal</b>	✓
<b>Wheat/Gluten Free</b>	✓	<b>Local - Ontario</b>	✓



# Firm Tofu

Since 1980, Sol Cuisine has been producing quality tofu made with the best certified organic soybeans available. Use our fresh tofu to make delicious main dishes, stews, soups, and salads. Blend to make puddings, pies and other tasty desserts. Frozen tofu can be used to give a chewier texture for Tofu Swiss Steak, Barbecued Tofu, or in casseroles and stews.



**Fresh – Keep Refrigerated**  
**Shelf Life: 6 weeks**

**Product Code:** 1800 (Bulk)  
**Pack Size:** 7kg-3 Vac Packed Bags  
**SCC#:** 10 6 28025 01800 7

**Product Code:** 1900 (Retail)  
**Pack Size:** 12x454g-Vac Packed  
**UPC#:** 6 28025 27777 3  
**SCC#:** 10 6 28025 27777 0

**Preparation Method:**

**Fresh Tofu:** Rinse before marinating, baking, sautéing, deep frying or eating fresh.

**Frozen Tofu:** Place the vacuum packed tofu in the freezer at least 24 hours prior to use. Thaw, open, press out the water from each piece and use.

**Contact Sol Cuisine for more recipe ideas!**

Notes:


## Nutrition Facts

Valeur nutritive	
Per 75 g / par 75 g	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories</b> 100	
<b>Fat / Lipides</b> 5 g	<b>8%</b>
Saturated / satures 1 g	<b>5%</b>
+Trans / trans 0 g	
Polyunsaturated / polyinsaturés 3 g	
Omega-6 / omega-6 2.5 g	
Omega-3 / omega-3 0.4 g	
Monounsaturated / monoinsaturés 1 g	
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium / Sodium</b> 0 mg	<b>0%</b>
<b>Potassium / Potassium</b> 90 mg	<b>3%</b>
<b>Carbohydrate / Glucides</b> 3 g	<b>1%</b>
Fibre / Fibres 1 g	<b>4%</b>
Sugars / Sucres 0 g	
<b>Protein / Protéines</b> 10 g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium	8%
Iron / Fer	10%

**INGREDIENTS:**  
 Filtered Water,  
 Organic Canadian  
 Soybeans, Calcium  
 Chloride, Magnesium  
 Chloride.

Certified organic by  
 Pro-Cert Organic

