

Vegan Tofu Bloc Marinated Mediterranean

Taste the Mediterranean twist in every bite. Grill for extra bite or add to stews, for example. With this tofu, you effortlessly create healthy and appealing plant-based dishes to suit every taste preference.

claims • This vegan Tofu Block contains protein from soy • Vegan • One vegan Tofu Block weighs approximately 180 grams • High protein

based on calculated value

Ingredients

50% SOY beans, water, rapeseed oil, salt, spices, herbs, sugar, maize starch, flavour.

Nutrition value

	100 gram	Per portion (100g)	RDI/GDA
Energy	559 kJ	559kJ	7
Energy	133 kcal	133kcal	7
Total fat	8.0g	8.0g	11
saturated fat	1.0g	1.0g	5
Carbohydrates	2.0g	2.0g	1
of which sugars	0.4g	0.4g	
Fibres	1.0g	1.0g	
Proteins	13g	13g	26
Salt	1.1g	1.1g	18

Reference intake of an average adult (8400 kJ/2000 kcal).

* Recommended Daily Intake.



Method of preparation

Fry in pan : Cut the tofu into cubes, heat oil in a pan and fry 3-5 minutes on low heat until golden brown, turn frequently.

Categories

[Schouten's Variations](#), [Tempeh & Tofu](#), [Biologisch](#), [Vegan*](#), [Organic](#), [Wrap](#), [Main course salad](#), [Retail](#)

**Schouten's products and associated procedures meet the requirements of the V-Label, Vegan Action and the Vegan Society, the best-known official labels for vegan products.*

Allergens

Free from

Milk, egg, gluten containing grain, wheat, rye, fish, crustacean and shellfish, tree nuts, peanuts, sulphite, celery, sesame, lupine, mustard, molluscs, barley, oat, spelt, kamut, almond, hazelnuts, walnuts, cashewnut, pecan, Brazil nut, pistachio, macadamia nut

Contains

Soy

Packaging options



Consumer packaging

Chilled