

Vegan Tofu Cubes

Vegan tofu cubes, based on vegetable proteins, preheated.

Ingredients

90% **soybeans**, sunflower oil, water, thickener (calcium sulphate)



Nutrition value

	100 gram	Per portion (40 gram)
Energy	1230 kJ/294 kcal	492 kJ/118 kcal
Total fat	20.0 gram	8.0 gram
Saturated fat	4.0 gram	1.6 gram
Monounsaturated fat	4.0 gram	1.6 gram
Polyunsaturated fat	9.0 gram	3.6 gram
Carbohydrates	10.0 gram	4.0 gram
Of which sugars	3.0 gram	1.2 gram
Vezels	3.9 gram	1.6 gram
Proteins	17.0 gram	6.8 gram
Salt	0.0 gram	0.0 gram

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

* Recommended Daily Intake.

Method of preparation

Fry in pan : 12-14 minutes on medium heat. Stir every now and then.

Categories

[Ingredients](#), [Schouten's Variations](#), [Tempeh & Tofu](#), [Vegan](#), [Without palm oil](#), [Wrap](#), [Main course salad](#), [Industry](#), [Out of home](#), [Retail](#)

Allergens

Free from

Milk, egg, gluten containing grain, wheat, rye, fish, crustacean and shellfish, peanuts, sulphite, celery, sesame, lupine, mustard, molluscs, barley, oat, spelt, kamut, hazelnuts, walnuts

Contains

Soy

May contain

Tree nuts, almond, cashewnut, pecan, Brazil nut, pistachio, macadamia nut

Packaging options



Consumer packaging

Chilled



Consumer box

Frozen



Foodservice box

2.5/3 kg | Frozen



Industry box

10 kg | Frozen