

# Vegan Tofu Block organic 200 gr/ Duo-Pack Organic

This organic vegan Tofu Block consists of two individually wrapped tofu blocks of 200 grams each. So you always have a pack of fresh Tofu. This classic within meat substitutes is appreciated by consumers and ensures high rotations.

**claims** • This vegan Tofu Block contains protein from soy • Vegan • Tofu Block weighs about 400 grams • High protein  
based on calculated value



## Ingredients

57% SOY beans\*, water, thickener (magnesium chloride).

## Nutrition value

	100 gram	Per portion (100g)	RDI/GDA
Energy	608 kJ	608kJ	7
Energy	145 kcal	145kcal	7
Total fat	8.5g	8.5g	12
saturated fat	1.3g	1.3g	7
Carbohydrates	1.8g	1.8g	1
of which sugars	0.5g	0.5g	1
Fibres	1.0g	1.0g	
Proteins	15g	15g	30
Salt	0.03g	0.03g	1

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](#), [Meal component](#), [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

### Zonder

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

### Aanwezig

Soy

## Packaging options



### Consumer packaging

Chilled