

Vegan Tofu Block 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 • Low saturated fat • Source of protein • Source of fibre
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

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