

House Foods



COOK UP HAPPINESS™

tofu



PREMIUM

Pasteurized with Double Cooling System™ for premium quality.

Delicious
grilled and
in stir-fries!

**EXTRA
FIRM**

How Firm is
Extra Firm?

1 2 3 4 **5** 6



PERISHABLE • KEEP REFRIGERATED
STORE IN WATER

Nutrition		Amount/Serving	%DV	Amount/Serving	%DV
About 5 servings per container Serving size 3 oz (85g) Calories 80 per serving	Total Fat	4.5g	6%	Sodium	10mg 0%
	Sat. Fat	0.5g	4%	Total Carb.	2g 1%
	Trans Fat	0g		Fiber	2g 6%
	Polyunsat. Fat	2.5g		Total Sugars	0g
	Monounsat. Fat	1g		Incl. 0g Added Sugars	0%
	Cholest.	0mg	0%	Protein	8g 16%
	Vitamin D	0%		Calcium	10%
			Iron	8%	
			Potassium	2%	

NET WT.
16 OZ (1 LB)
453 g

INGREDIENTS: WATER,
SOYBEANS, CALCIUM
SULFATE, CALCIUM
CHLORIDE.

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Monounsat. Fat 1g		Incl. 0g Added Sugars	0%
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Vitamin D 0% • Calcium 10% • Iron 8% • Potassium 2%			

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INGREDIENTS: WATER, SOYBEANS, CALCIUM SULFATE, CALCIUM CHLORIDE.