



## Nutritional & Storage Information

### Tofu

	Hard	Medium Hard	Soft	Dry Spiced Tofu	Fried Tofu
Serving Size	3 oz	3 oz	3 oz	2 squares	1.5 squares
Servings per Container	5	5	5	4	4
Calories	70	70	50	160	160
Calories from Fat	40	40	20	80	90
Total Fat	4g - 6%	4g - 6%	2.5g - 4%	9g - 14%	10g - 15%
Saturated Fat	1g - 5%	1g - 5%	.5g - 3%	1g - 5%	1.5g - 8%
Polyunsaturated Fat	0g	0g	0g	0g	0g
Monounsaturated Fat	0g	0g	0g	0g	0g
Trans Fatty Acids	0g	0g	0g	0g	0g
Cholesterol	0mg - 0%	0mg - 0%	0mg - 0%	0mg - 0%	0mg - 0%
Sodium	0mg - 0%	0mg - 0%	0mg - 0%	180mg - 8%	20mg - 1%
Total Carbohydrate	0g - 0%	0g - 0%	2g - 0%	2g - 1%	2g - 1%
Dietary Fiber	0g - 0%	0g - 0%	<1g - 3%	2g - 8%	2g - 8%
Sugars	0g	0g	0g	0g	0g
Protein	8g	8g	5g	20g	15g
Vitamin A	0%	0%	0%	0%	0%
Vitamin C	0%	0%	0%	0%	0%
Calcium	10%	10%	4%	20%	15%
Iron	10%	10%	20%	15%	10%

#### Storage Information:

Hard, medium hard, and soft have a 3 week refrigerated shelf life. All can be frozen up to 1 month, except for soft tofu, which should not be frozen. Good for 3 days once opened, but change water daily. Dry spiced and fried tofu have a 1 month shelf life. They can be frozen for up to 3 months.