



ORGANIC 5 GRAIN tempeh



Serving Suggestion

Ingredients: Cultured Organic Soybean, Water, Organic Bulgur Wheat, Organic Barley, Organic Millet, Organic Brown Rice, Organic Oats. **Contains: Soy, Wheat.**

PREPARATION: Broil, fry, bake or steam.

TO FRY: Slice or cube tempeh. Heat 4 tbsp. butter or oil, 1 clove pressed garlic, and 1/4 tsp. coriander in skillet over medium-high heat. Add tempeh and 2 tbsp. soy sauce. Saute until golden brown.

Physical Specifications:

Color: Light brown, natural cooked soybean color

Flavor: Natural soy and nutty flavor

Texture: Soft and Chewy

Microbial Specifications (At time of delivery):

Aerobic Plate Counts: <1000 per gram

Yeast/Mold: <200/<200 per gram

Coliform: <10 per gram

E. coli: <10

Listeria monocytogenese: Negative

Package Specifications: 8 oz./pack, 12 pks./case

Storage: Stored under refrigerated condition (typically 33-40F)

Kosher: Yes

Certified Organic by: QAI

Nutrition Facts

3 servings per container

Serving size 1/3 block (75g)

Amount per serving

Calories 170

% Daily Value*

Total Fat 7g **9%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 15g **5%**

Dietary Fiber 4g **14%**

Total Sugars <1g

Includes 0g Added Sugars **0%**

Protein 13g

Vitamin D 0mcg **0%**

Calcium 60mg **4%**

Iron 1.3mg **8%**

Potassium 240mg **6%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Product code: K501

UPC: 0 44325 15072 9

Case GTIN: 100 44325 15072 6

Pack: 12 / 8 oz

Case Size: 14.56x6.31x4.75

Ti/Hi: 19 x 10

