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BAKED 1 block 1/4 c.
PANKO 2 cloves Garlic, minced
TOFU 1/2 c.
RECIPE 1/2 c.
1 1/2 c.
3 Tbsp.
1 Tbsp.

Mix together buttery spread, garlic and mustard. Set aside in a separate bowl, mix panko crumbs, cheese and parsley. Set this aside. Coat both sides of the tofu with mustard sauce. Dip the top side only of the tofu in crumb mixture to coat. Lay the coated tofu in baking pan with crumb mixture side up. Bake at 500 degrees for 15 minutes.



SEE RECIPE ON SIDE!

NET WT 10.5 OZ 300g



ONION GARLIC ORGANIC Panko

Golden Japanese Style Breadcrumbs

Perfect for Tempura, Breading...

Nutrition Facts Serving Size 1/3 cup (30g) Servings Per Container about 10
110 **Cal.** 5 **Total Fat** 0.5g (10%) Saturated Fat 0g 0% **Cholesterol** 0mg (0%) **Sodium** 240mg (100%) **Carbohydrate** 22g (7%) **Fiber** 0g (0%)
Sugars 0g **Protein** 4g (8%) **Vitamin A** (0%) **Vitamin C** (0%) **Calcium** (0%) **Iron** (0%)
Percent Daily Values (DV) are based on a 2000 calorie diet.

Ingredients: Organic Wheat Flour, Salt, Yeast, Organic Onion Powder, Organic Garlic Powder, Organic Expeller-Pressed Palm Oil, Panko Extract (as natural color).
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PANKO 2 cloves Garlic, minced
TOFU 1/2 c.
RECIPE 1/2 c.
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3 Tbsp.
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SEE RECIPE ON SIDE!

NET WT 10.5 OZ 300g



ORIGINAL ORGANIC Panko

Japanese Style Breadcrumbs

Perfect for Tempura, Breading...

Nutrition Facts Serving Size 1/3 cup (30g) Servings Per Container about 10
110 **Cal.** 5 **Total Fat** 0.5g (10%) Saturated Fat 0g 0% **Cholesterol** 0mg (0%) **Sodium** 240mg (100%) **Carbohydrate** 22g (7%) **Fiber** 0g (0%)
Sugars 0g **Protein** 4g (8%) **Vitamin A** (0%) **Vitamin C** (0%) **Calcium** (0%) **Iron** (0%)
Percent Daily Values (DV) are based on a 2000 calorie diet.

Ingredients: Organic Wheat Flour, Yeast, Organic Expeller-Pressed Palm Oil, Salt.
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RECIPE 1/2 c.
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SEE RECIPE ON SIDE!

NET WT 15 OZ 425g



LIGHTLY SALTED ORGANIC Breadcrumbs

Perfect for Stuffings, Casseroles...

Nutrition Facts Serving Size 1/3 cup (30g) Servings Per Container about 14
110 **Cal.** 5 **Total Fat** 0g (0%) Saturated Fat 0g (0%) **Cholesterol** 0mg (0%) **Sodium** 120mg (50%) **Carbohydrate** 22g (7%) **Fiber** 0g (0%)
Sugars 0g **Protein** 4g (8%) **Vitamin A** (0%) **Vitamin C** (0%) **Calcium** (0%) **Iron** (0%)
Percent Daily Values (DV) are based on a 2000 calorie diet.

Ingredients: Organic Wheat Flour, Yeast, Organic Expeller-Pressed Palm Oil, Salt.
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TOFU 1/2 c.
RECIPE 1/2 c.
1 1/2 c.
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1 Tbsp.

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SEE RECIPE ON SIDE!

NET WT 15 OZ 425g



ITALIAN HERBS ORGANIC Breadcrumbs

Perfect for Stuffings, Casseroles...

Nutrition Facts Serving Size 1/3 cup (30g) Servings Per Container about 14
110 **Cal.** 5 **Total Fat** 0.5g (10%) Saturated Fat 0g (0%) **Cholesterol** 0mg (0%) **Sodium** 30mg (14%) **Carbohydrate** 22g (7%) **Fiber** 0g (0%)
Sugars 0g **Protein** 4g (8%) **Vitamin A** (0%) **Vitamin C** (0%) **Calcium** (0%) **Iron** (0%)
Percent Daily Values (DV) are based on a 2000 calorie diet.

Ingredients: Organic Wheat Flour, Yeast, Organic Expeller-Pressed Palm Oil, Salt, Organic Onion Powder, Organic Garlic Powder, Organic Parsley, Organic Oregano, Organic Basil.
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