

Date: 1/25/2024  
Time: 10:24 AM

**Chef Tec**  
**Side, Tofu**  
NAMA



**Author**  
**Categories**  
**Tools**  
**Locations**  
**Plate/Store**

<b>Yield</b>	1	ea	<b>Prep</b>
<b>Portion</b>	1	ea	<b>Cook</b>
<b>Num Portions</b>	1		<b>Finish</b>
			<b>Shelf</b>

<b>Nutrition Facts</b>	
Serving Size 1.00 ea	
Servings Per Container 1	
Amount Per Serving	
<b>Calories 82</b>	<b>Calories From Fat 44</b>
% Daily Value	
<b>Total Fat 5g</b>	7%
Saturated Fat 1g	3%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	0%
<b>Sodium 8mg</b>	0%
<b>Total Carbohydrates 2g</b>	1%
Dietary Fiber 1g	6%
Sugars 0g	
<b>Protein 9g</b>	
Vitamin A 2%	Vitamin C 0%
Calcium 39%	Iron 33%

\* Percent Daily Values are based on a 2000 calorie diet.

**Nutrition Descriptors**

Low Saturated Fat  
Sugar Free  
Cholesterol Free  
Very Low Sodium  
High in Calcium  
High in Iron  
Good Source of Protein