

06529 | Blue Dragon | 349g

Blue Dragon Tofu Box

Blue Dragon extra firm silken style tofu is ideal for all types of oriental dishes. it is very versatile and absorbs the flavours it is cooked with.

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Description

Unique Marketing Statement	Blue Dragon extra firm silken style tofu is ideal for all types of oriental dishes. it is very versatile and absorbs the flavours it is cooked with.
Brand Name	Blue Dragon
Country of Origin	United States

Ingredients

Ingredients	Water, Soya Beans (7%), Isolated Soya Protein (5%), Firming Agents (Glucono-Delta Lactone, Calcium Chloride).
Is the product made from at least 65% British ingredients?	No
Contains GM Ingredients	No

Nutrition

Servings per Consumer Unit (Inner)	10
Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	238 kJ
Energy (Kilocalories)	57 kcal
Fat, Total	2.1 g
Saturated	0.4 g
Carbohydrate	1.9 g
Sugars	0 g
Dietary Fibre, Total	1.7 g
Protein, Total	7.6 g
Salt	0.125 g
Sodium	50 mg

Allergens

Cereals containing Gluten (and products thereof)	Does NOT Contain
Wheat (as an ingredient)	Does NOT Contain
Rye (as an ingredient)	Does NOT Contain
Barley (as an ingredient)	Does NOT Contain
Oats (as an ingredient)	Does NOT Contain
Crustaceans (and products thereof)	Does NOT Contain
Egg and Egg Products	Does NOT Contain
Fish and Fish Products	Does NOT Contain
Peanut and Peanut Products	Does NOT Contain
Soybean and Soybean Products	Contains
Milk and Milk Products	Does NOT Contain
Tree Nuts (and products thereof)	Does NOT Contain
Almonds (as an ingredient)	Does NOT Contain
Hazelnuts (as an ingredient)	Does NOT Contain
Walnuts (as an ingredient)	Does NOT Contain
Cashews (as an ingredient)	Does NOT Contain
Pecan nuts (as an ingredient)	Does NOT Contain
Brazil nuts (as an ingredient)	Does NOT Contain
Pistachio nuts (as an ingredient)	Does NOT Contain
Macadamia or Queensland nuts (as an ingredient)	Does NOT Contain
Celery / Celeriac (and products thereof)	Does NOT Contain
Mustard (and products thereof)	Does NOT Contain
Sesame Seeds and Sesame Seed Products	Does NOT Contain
Sulphur Dioxide and Sulphites (>10mg/kg)	Does NOT Contain
Lupin (and products thereof)	Does NOT Contain
Molluscs (and products thereof)	Does NOT Contain

Dietary Information

Halal Certified	No
Kosher Certified	No
Suitable for Vegan	Yes
Suitable for Vegetarian	Yes
Organic Certificate	No Organic certificate
Can any Ethical or Fairly traded claims be made?	No ethical or fairtrade claim
Can any other sustainability claims be made for this product?	Green dot logo
Does any other assurance scheme apply to this product?	No assurance scheme

Preparation Suggestions

Is the product ready to eat?	Drain, rinse under cold water and pat dry with a paper towel. Cut into pieces, coat in seasoned flour and deep fry until crispy. Alternatively cut into cubes and add to salads or soups such as Miso.
Reconstitution Instructions	Drain, rinse under cold water and pat dry with paper towel. Cut into pieces, coat in seasoned flour and deep fry until crispy. Alternatively cut into cubes and add to salads or soups such as miso.
Oven	No
Oven From Frozen	No
Microwave Instructions	No
Fry	Drain, rinse under cold water and pat dry with a paper towel. Cut into pieces, coat in seasoned flour and deep fry until crispy. Alternatively cut into cubes and add to salads or soups such as Miso.00
Grill	No
Other	000

Packaging

Do you have any packaging environmental claims?	No environmental packaging claim
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