











Garlic & Herb Toss'ables are hearty and tasty enough to substitute for meat in all your favorite dishes. Try them in pasta, rice bowls... even veggie burritos. There's no craving these Toss'ables can't fix.

- Vegan
- · Gluten free
- USDA organic
- Non-GMO project verified
- 14 grams of plantbased protein per 3 oz. serving
- No preservatives
- Cholesterol-free food
- Seasoned, baked & ready to serve
- Pairs perfectly with a variety of dishes

INGREDIENTS

Organic tofu, water, organic rice vinegar, organic sugar, organic garlic powder, salt, organic canola oil, salt, organic onion powder, organic oregano, organic basil, organic black pepper, organic caramel color.

CONTAINS: Soy





RECIPES MADE WITH TOSS'ABLES GARLIC AND HERB



FARFALLE WITH PESTO, KALE & GARLIC "PARMESAN" CRUSTED TOFU

TRY IT NOW

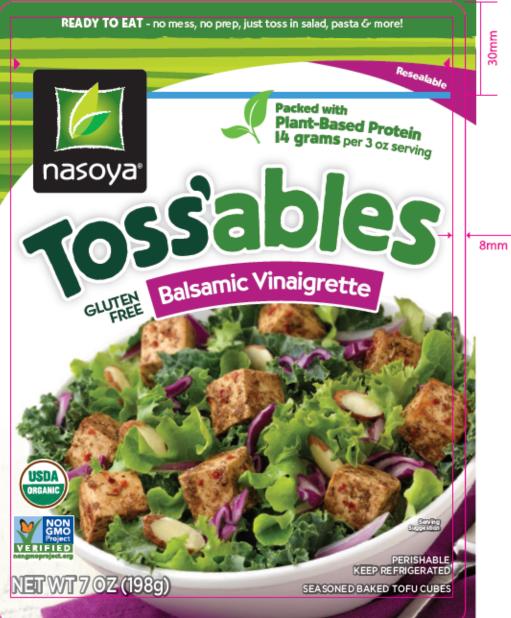
SEE ALL RECIPES

DID YOU KNOW?

Cornstarch holds the key to crispiness! Tossing tofu in cornstarch and giving it a light coating helps it take on a truly crispy crust when pansearing or frying.

Learn More Fun Facts!





READY TO EAT - no mess, no prep, just toss in salad, pasta & more!





Eating healthy is easy when you've got Toss'ables on the menu. Packed with plant-based protein, pre-marinated in mouthwatering flavors, and pre-cubed for maximum convenience, Toss'ables takes the work out of eating right, so you can skip the mess and dig right in.

Balsamic Vinaigrette Toss'ables are especially good sprinkled overyour favorite salad, or packed in your lunchbox for a guick and delicious protein fix on the go. Visit us at www.nasoya.com for recipes and more!





TRY OUR OTHER **DELICIOUS PRODUCTS!**



Nutrition Facts

About 2.5 servings per container Serving size 3oz (85g / about 16 pieces)

	Per serving		Per container	
<u>Calories</u>	<u>150</u>		<u>350</u>	
		% DV*		% DV*
Total Fat	8g	10%	18g	24%
Saturated Fat	1g	5%	2.5g	12%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	Omg	0%
Sodium	250mg	11%	580mg	25%
Total Carb.	6g	2%	14g	5%
Dietary Fiber	<1g	2%	1g	4%
Total Sugars	2g		5g	
Incl. Added Sugars	1g	2%	2g	4%
Protein	14g	26%	33g	61%
Vitamin D	0mcg	0%	0mcg	0%
Calcium	60mg	4%	140mg	10%
Iron	2.4mg	15%	5.7mg	30%
Potassium	120mg	2%	280mg	6%

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

INGREDIENTS: ORGANIC TOPU (WATER, ORGANIC SOVEEANS, MAGNESIUM CH. ORIDE: CALCIUM SULFATE), ORGANIC BALSAMIC VINGGAR (ORGANIC WINE VINEGAR, ORGANIC CONCENTRATED GRAPE MUST), WATER, ORGANIC EXTRA VIRGIN OLIVE OIL, ORGANIC SUGAR, ORGANIC GARLIC POWDER SALT, ORGANIC ONION POWDER, ORGANIC CARAMEL COLOR, ORGANIC BLACK PEPPER, ORGANIC TAPIOCA STARCH, ORGANIC CHILI PEPPER, ORGANIC OREGANO, ORGANIC BASIL, XANTHAN GUN. CONTAINS: SOY

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