Hodo 850565007156

Hodo Extra Firm Organic Tofu User Manual

Brand: **Hodo** | Model: **850565007156**

1. Product Overview

Hodo Extra Firm Organic Tofu is a versatile, plant-based protein designed for ease of use and delicious flavor. Crafted from 100% organic, non-GMO high-protein soybeans using an artisanal process, it offers a creamy texture and high protein content, making it an excellent addition to various meals.



Image: Front packaging of Hodo Extra Firm Organic Tofu, showing "14g Protein per Serving" and "USDA Organic" labels. The UPC 850565007156 is visible on the packaging.

Key Features:

- **Delicious & Versatile:** A plant-based protein suitable for breakfast, lunch, and dinner, offering a satisfying taste.
- **Ready to Eat:** Can be consumed directly from the package or easily incorporated into cooked dishes. No pressing required.
- **Plant-Based & Organic:** Made from 100% organic, non-GMO high-protein soybeans, free from meat and dairy.
- **Protein-Packed:** Provides 14 grams of protein per serving, contributing to a fulfilling meal.
- **Artisanally Crafted:** Produced with an artisanal process that ensures a creamy texture and superior quality.

2. Ingredients and Nutritional Information

Ingredients:

Water, Organic soybeans, calcium sulfate (a naturally occurring mineral). Contains Soybeans.

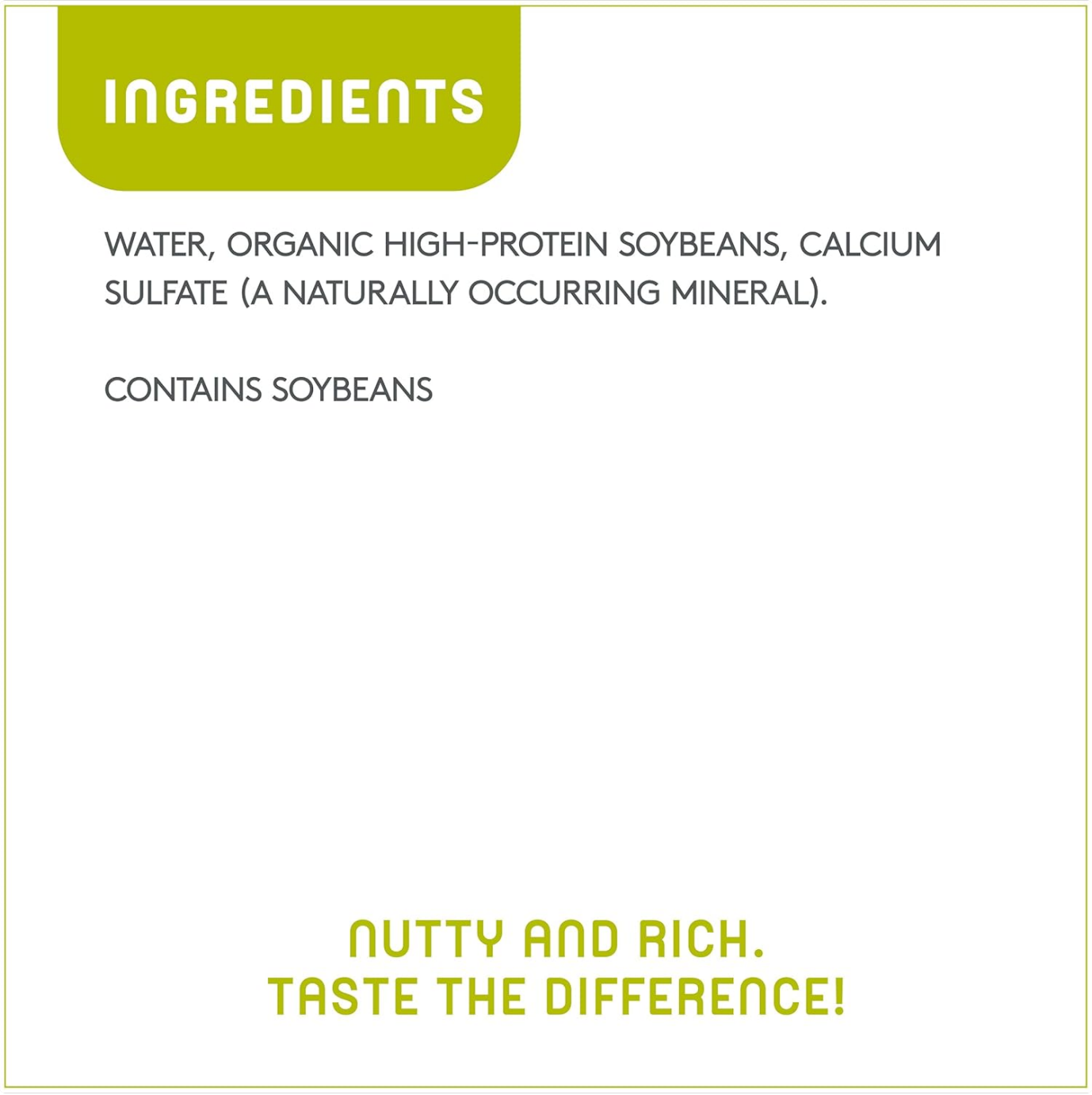


Image: A close-up of the Hodo Tofu packaging highlighting the ingredients list.

Nutrition Facts (per 3 oz / 85g serving):

Nutrient	Amount	% Daily Value*
Calories	120	
Total Fat	4.5g	6%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	6g	2%

Nutrient	Amount	% Daily Value*
Dietary Fiber	2g	5%
Sugars	0g	
Incl. Added Sugars	0g	0%
Protein	14g	29%
Vitamin D	0mcg	0%
Calcium	260mg	20%
Iron	2.7mg	15%
Potassium		3%

*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.

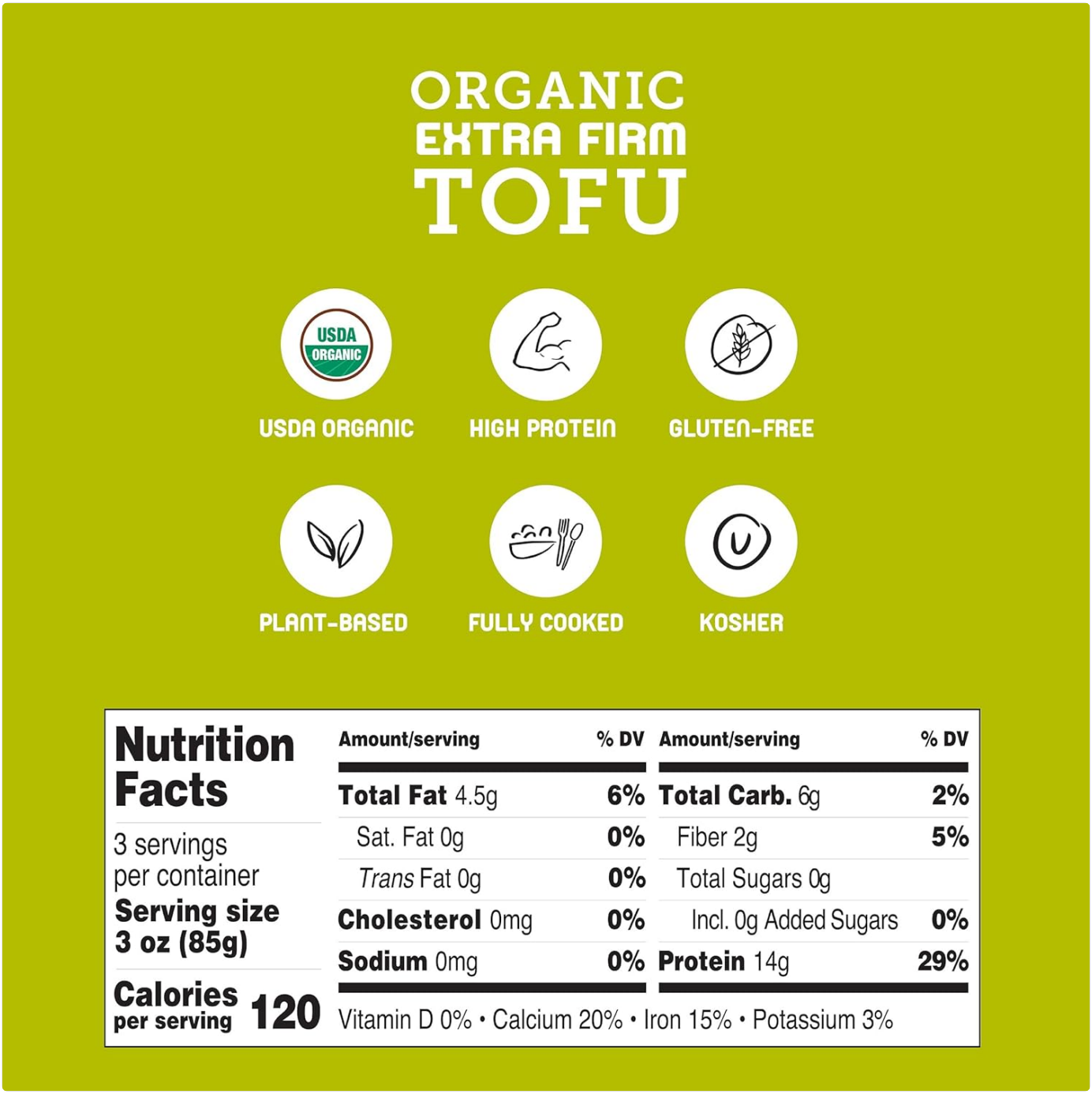


Image: Visual representation of nutrition facts and certifications including USDA Organic, High Protein, Gluten-Free, Plant-Based, Fully Cooked, and Kosher.

Dietary Information:

- USDA Organic
- Kosher
- Gluten Free
- Vegetarian
- Vegan
- Plant Based

3. Storage and Handling

Hodo Extra Firm Organic Tofu is a perishable product. To maintain its freshness and quality:

- **Refrigeration:** Always keep refrigerated.

- **Shelf Life:** Refer to the "Best By" date on the packaging for optimal freshness.
- **After Opening:** Once opened, store any unused tofu in an airtight container with fresh water and consume within 3-5 days. Change water daily for best results.

4. Preparation and Usage

Hodo Extra Firm Organic Tofu is designed to be convenient and versatile. It requires no pressing, making it ready for immediate use in your favorite dishes.

General Usage:

- **Ready to Eat:** Enjoy directly from the package in salads, sandwiches, or as a quick snack.
- **Sautéing:** Cut into desired shapes (cubes, slices, crumbles) and sauté with your favorite vegetables and sauces for a quick, protein-rich meal.
- **Baking/Air Frying:** For a crispy texture, bake or air fry seasoned tofu pieces until golden brown.
- **Marinating:** The extra firm texture absorbs marinades exceptionally well, enhancing flavor.



Image: Prepared Hodo Tofu cubes, seasoned and ready to eat, served alongside edamame.

Recipe Inspiration:

Hodo Tofu is perfect for a wide range of recipes, including:

- Mapo Tofu
- Fried Tofu
- Baked Tofu
- Scrambled Tofu (as a plant-based egg alternative)
- Curries and Stir-fries
- Salads and Grain Bowls

For more recipe ideas and inspiration, visit the official Hodo Foods website.

5. Product Variations and Related Offerings

Hodo offers a variety of plant-based products to complement your culinary needs. Explore their range of tofu and other delicious options.



Image: Hodo's "Sauce Like a Boss" collection featuring Red Curry Tofu, Teriyaki Tofu, and BBQ Sauce Tofu kits.

Official Product Video: Saucy Tofu Kits

Your browser does not support the video tag.

Video: An official Hodo Foods video showcasing the new Saucy Tofu Kits, demonstrating their ease of preparation and delicious results. This video highlights the convenience of pre-sauced tofu options.



Image: Hodo's brand philosophy "Obsessed with Delicious" and a prompt to "GET INSPIRED AT HODOFOODS.COM/RECIPES".

6. Specifications

Attribute	Detail
Product Name	Hodo Extra Firm Organic Tofu
Brand	Hodo
Model/GTIN	850565007156
ASIN	B07FYM6FRK
Package Dimensions	5.55 x 4.5 x 1.4 inches
Item Weight	10.08 ounces

Attribute	Detail
Units	10.0 Ounce
Flavor	Organic Extra Firm Tofu
Package Information	Peel Pack
Manufacturer	Hodo

7. Warranty and Support

For any questions regarding Hodo Extra Firm Organic Tofu, including product quality, recipes, or general inquiries, please refer to the official Hodo Foods website.

Official Website: hodofoods.com

For recipe inspiration: hodofoods.com/recipes

Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

Ask a question about this manual

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Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question