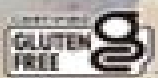


House Foods



NET WT.  
10 OZ  
(283 g)

豆腐

絹  
し

本にがり使用

特選

Tokusen  
Kinugoshi Tofu  
(Extra Soft Tofu  
made with Nigari)



PERISHABLE  
KEEP REFRIGERATED

INGREDIENTS: WATER, SOYBEANS, MAGNESIUM  
CHLORIDE (NIGARI), GLUCONIC ACID, CITRIC ACID  
House Foods America Corporation  
www.house-foods.com

## Nutrition Facts

2 servings  
per container

Serving size  
5 oz (140 g/1 piece)

**Calories 80**  
per serving

Amount/Serving	%DV	Amount/Serving	%DV
<b>Total Fat</b> 3.5g	<b>5%</b>	<b>Sodium</b> 35mg	<b>1%</b>
<b>Sat. Fat</b> 0.5g	<b>3%</b>	<b>Total Carb.</b> 4g	<b>1%</b>
<b>Trans Fat</b> 0g		<b>Fiber</b> 2g	<b>7%</b>
<b>Polysat.</b> Fat 2g		<b>Total Sugars</b> 0g	
<b>Monounsat.</b> Fat 1g		<b>Ind. Og. Added Sugars</b>	<b>0%</b>
<b>Cholest.</b> 0mg	<b>0%</b>	<b>Protein</b> 8g	<b>18%</b>
<b>Vitamin D</b> 0%		<b>Iron</b> 15%	<b>Potassium</b> 6%

# Kinugoshi Tofu Recipe

**Annelies Wilder-Smith**



## **Kinugoshi Tofu Recipe:**

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