



Nutrition Facts

Servings per Container
Serving size

Amount per serving
Calories

	% Daily Value*
Total Fat	%
Saturated Fat	%
Trans Fat	
Cholesterol	%
Sodium	%
Total Carbohydrate	%
Dietary Fiber	%
Total Sugars	
Includes Added Sugar	%
Protein	
Vitamin D	%
Calcium	%
Iron	%
Potassium	%

* 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.

* Benefits

Lightlife Foods Original Soy Tempeh Is Made With Certified Usda Organic And Non-Gmo Project Verified Ingredients Including Soybeans And Brown Rice, With 16 Grams Of Veggie Proteins Per Serving. One 8 Oz. Package Of Tempeh Is Vegan And Kosher. For An Easy Meatless Alternative To All Your Favorite Dishes Simply Saut, Stew Or Bake Our Original Soy Tempeh With Your Ingredients Of Choice.

Ingredients

Cultured Organic Soybeans (Soybeans, Lactic Acid From Plant Sources), Water, Organic Brown Rice.

Allergens

Contains:



Free From:



Handling Suggestions

Keep Refrigerated. Use Or Freeze Within 3-5 Days Of Opening.

Serving Suggestions

See label for suggestions

Prep & Cooking Suggestions

To Fry: Cut Into Thick Slices; Heat In Well Oiled Skillet With 2Tbsp. Soy Sauce Until Golden Brown On Both Sides. Season To Taste.

Product Specifications

Brand	Manufacturer
LightLife	Dot Foods

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
	699785	699785	20043454030500		12/8 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
6.42lb	6lb	United States		

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
11.02in	8.9in	4.5in	0.26ft3	18x8	78days	35°F / 37°F



Nutrition Analysis - By Measure

Calories		Total Fat		Sodium	
Protein		Trans Fats		Calcium	
Total Carbohydrates...		Saturated Fat		Iron	
Sugars		Added Sugars		Potassium	
Dietary Fiber		Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol			
Vitamin A(IU)		Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

 Additional Images

