

GLUTEN-FREE | PLANT-BASED PROTEIN | FERMENTED SOY



**RHAPSODY**

NATURAL FOODS

**Ready to Eat**

**TERIYAKI**

**TEMPEH**

Made in Vermont

Net Wt. 8 oz. (227 g)



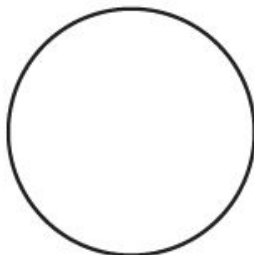
**TEMPEH** (tèm-pay) is a traditional cultured soyfood from Indonesia. Tempeh is made from whole cooked soybeans that are fermented. As a result, it is one of the best sources of easy-to-digest vegetable protein, carbohydrates, and fat. In addition, it contains B vitamins, zinc, calcium, manganese, magnesium, iron, and fiber.

**SEVERVING SUGGESTIONS:** Slice in thin strips then broil for 1-2 minutes or heat in a skillet until brown. Great in salads, on a sandwich, rice, or pasta.

See [www.rhapsodynaturalfoods.com](http://www.rhapsodynaturalfoods.com) for many great recipes.

**INGREDIENTS:** Rhapsody tempeh\* (soybeans\*, deep well water, Rhizopus cultures), brown rice syrup\*, wheat-free tamari soy sauce\*, High Oleic Sunflower Oil\*, onion\*, garlic\*.  
\*certified organic

*PLEASE NOTE: Black spots indicate the tempeh has reached its point of optimum fermentation and is at the peak of its flavor and nutritive power. These spots are not harmful and do not affect the flavor of the tempeh.*



Produced by **RHAPSODY NATURAL FOODS**, Cabot, Vermont 05647  
Certified by Vermont Organic Farmers

## Nutrition Facts

4 servings per container

**Serving size** **2 oz (56g)**

**Amount Per Serving**

**Calories** **144**

**% Daily Value \***

**Total Fat** 8.3g 11%

Saturated Fat 1.1g 6%

Trans Fat 0

**Cholesterol** 0 0%

**Sodium** 232mg 10%

**Total Carbohydrates** 11.2g 4%

Dietary Fiber 0.1g 0%

Total Sugars 5.7g

Includes 5g Added Sugars

**Protein** 8g

Calcium 43mg 3% \* Vitamin D 0

Potassium 164mg 3% \* Iron 2mg 8%

\* The % Daily Values (DV) tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

### ALLERGEN STATEMENT:

Contains Soy.

**KEEP REFRIGERATED OR FROZEN**

*Best by date printed*



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