

## Tofu vs Paneer (vsdiff.com)

Attribute	Tofu	Paneer
Primary ingredient	<b>Soybeans</b> (coagulated soy milk)	<b>Cow or buffalo milk</b> (acid/heat-coagulated)
Protein (per 100g)	~8-12 g (varies by <i>firmness</i> )	~14-20 g (depends on <i>milk fat</i> )
Fat / Saturated fat	Low to moderate; <i>lower saturated fat</i>	Higher; <i>notably more saturated fat</i>
Texture & cooking	Silken → extra-firm; <i>absorbs flavors</i> , can crumble or blend	Firm, holds shape; <i>doesn't melt</i> , grills/fries well
Dietary suitability	Usually <b>vegan</b> (except cross-contamination)	Vegetarian, <b>not vegan</b> (dairy)
Typical shelf life	Refrigerated: ~4-10 days once opened (varies)	Refrigerated: ~5-10 days; longer if vacuum-packed
Cultural origins	East Asia (likely China, ~2nd century BCE-2nd century AD)	South Asia (Indian subcontinent, documented from ~16th-18th century onward)

Source: <https://vsdiff.com/tofu-vs-paneer/>