

Tofu vs Tempeh (vsdiff.com)

| Category | Tofu | Tempeh |
|-----------------------------|---|--|
| Primary form | Coagulated <i>soy milk</i> pressed into curds | Fermented whole <i>soybeans</i> formed into a dense cake |
| Typical texture | Smooth, variable (silken → firm) | Firm, chewy, often nutty |
| Protein (approx. per 100 g) | ~6-12 g (varies by type) | ~16-20 g (typically higher) |
| Fiber | Low (almost none) | Moderate (~3-9 g) |
| Fermentation | No (coagulated) | Yes (fungal fermentation, <i>Rhizopus</i>) |
| Typical uses | Soups, sauces, frying, blending | Grilling, stir-fry, slicing, crumbling |
| Shelf life (refrigerated) | Several days to ~1 week (opened) | About 1-2 weeks (fresh); longer if vacuum-packed |

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