

Curried Tofu

Nutrition Facts

2 servings per container

Serving size

4 OZ (116g)

	Per Serving	Per Container
Calories	190	370
	% Daily Value*	% Daily Value*
Total Fat	13g 17%	25g 32%
Saturated Fat	1.5g 8%	3.5g 18%
<i>Trans</i> Fat	0g	0g
Cholesterol	25mg 8%	55mg 18%
Sodium	35mg 2%	70mg 3%
Total Carb.	8g 3%	15g 5%
Dietary Fiber	3g 11%	5g 18%
Total Sugars	4g	9g
Incl. Added Sugars	1g 2%	3g 6%
Protein	14g	27g
Vitamin D	0.1mcg 0%	0.3mcg 2%
Calcium	490mg 35%	970mg 70%
Iron	2.6mg 15%	5.2mg 30%
Potassium	280mg 6%	570mg 10%

* 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.

INGREDIENTS: NON GMO TOFU (WHOLE SOYBEANS, CALCIUM SULFATE), CELERY, EGG, CANOLA OIL, CURRANTS, CASHEWS, LEMON JUICE, HONEY, CURRY POWDER, TURMERIC, WHITE WINE VINEGAR

CONTAINS: EGG, SOY, CASHEW