

Nutritional Information  
Typical Values per 100g

Energy	2958kJ 718kcal
Fat	78.4g
of which saturates	51.4g
Carbohydrate	1.7g
of which sugars	0.5g
Protein	1.9g
Salt	1.5g

**CREAMY  
BUTTERY  
HERBY**

I AM NUT OK - iamnutok.com  
4 Rothbury Rd, London E95HD



I AM NUT OK  
MORE DARING THAN DAIRY

PLANT BASED • CULTURED • DAIRY FREE

**rosemary & sea salt**

**NO UDDER**

**gourmet not butter**

**HANDMADE IN LONDON**



Ingredients: **CASHEW NUTS**, Water, Coconut Oil, Rapeseed Oil, Sea Salt (1.5%), Sunflower Lecithin, Nutritional Yeast, Rosemary (0.4%) Lactic Acid, Live Cultures.

Allergens in **bold**. Keep chilled. Once opened, consume within 5 days. Made in a kitchen that also handles other vegan allergens.

Use by & Batch NO: please see base

