

# SUPERCHARGE YOUR PROTEIN WITH TEMPEH

We're four friends who love a good **HEALTH HACK**. So, when we came across a **WHOLEFOOD PROTEIN** that was also **PACKED WITH FIBRE AND GUT-FRIENDLY PREBIOTICS**, we knew we had to get the word out.

**TEMPEH** is made with **FERMENTED** whole soya beans and has been eaten as a **PROTEIN STAPLE** in Indonesia for **400 YEARS** so it's well and truly tried and tested.

Whether in a sarnie, salad or spag bol, half a pack of this tasty tempeh gives you **MORE PROTEIN THAN TWO EGGS\*** while adding to your **PLANT POINTS** too.

You're welcome,

*Drando Elin Chris Fabio*

**HIGH IN  
PROTEIN**  
43g per pack



**HIGH IN  
FIBRE**  
12g per pack



**HIGH IN  
PHOSPHORUS**



**SOURCE OF  
VITAMIN B2**



**1 OF YOUR  
5 A DAY**

## INGREDIENTS:

Tempeh 90% (soya beans, water, tempeh culture (rice flour, inoculum)), sunflower oil, water, tomato paste, salt, spices (smoked paprika, paprika, cumin, pepper), garlic paste (garlic, water, salt), vegetables (onion, roasted onion), spirit vinegar, natural flavourings, herbs, thickener: guar gum\*\*.

## ALLERGY ADVICE:

For allergens, see ingredients in **bold**.

## WARNING:

Although every effort has been made to remove stones, because this is a 100% natural product some small fragments may remain.

## STORAGE:

Keep refrigerated at or below 7°C.  
Use within 48 hours after opening.

## USE BY:

See plastic film or top of tray.

## NUTRITION INFORMATION

### TYPICAL VALUES

	PER 100g
Energy kJ / kcal	1170 kJ / 280 kcal
Fat	16 g
of which saturates	2.1 g
Carbohydrate	4.9 g
of which sugars	1.0 g
Fibre	6.7 g
Protein	24 g
Salt	0.80 g
Iron	2.5 mg (18%**)
Riboflavin (B2)	0.21 mg (15%**)
Phosphorus	222 mg (32%**)

These values are approximate due to the variations which occur in natural ingredients. \*\* of the Nutrient Reference Value (NRV)

Certified



Corporation



VEGAN



GLUTEN  
FREE

\*Based on the information at [www.egginfo.co.uk](http://www.egginfo.co.uk)

\*\*What's the deal with guar gum? It's a natural dietary fibre that helps spread the marinade evenly so you don't end up with loads of marinade on one piece and none on another. Dive into the details: [betternaturetempeh.co/guar-gum](http://betternaturetempeh.co/guar-gum).

