

ITz
not JUST



TOFU

BLACK PEPPER

Firm tofu with cracked
black pepper



For those who like their Plant power
with a punch.

Per ½ pack (as sold)



ENERGY	FAT	SATURATES	SUGARS	SALTS
767KJ 183KCAL	10.2%	1.3%	0%	0.24%
9%	15%	7%	0%	4%

% of adult reference intake.

Typical values per 100g: Energy 548kJ/131kcal

Net weight. 280g

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SLEEVE Recycle
 FILM Don't recycle at home
RECYCLE AT RECYCLING POINT

Nutrition Info.		This product contains 2 servings	
TYPICAL	VALUE	Per 100g	Per ½ pack (140g)
Energy (kJ/kcal)	588 / 140	823 / 192	10.8
Fat (g)	7.8	1	1.4
of which saturates (g)	1	3.3	3.8
Carbohydrates (g)	3.3	0	0
of which sugar (g)	0	14.7	20.6
Protein (g)	14.7	0	0
Salt (g)	0		

Produced in UK for:
UK: NAF Foods Ltd, Havant House, 274
Amphill Road, MK42 9QJ

www.itznot.com
VISIT US ONLINE AT:

Not suitable for home freezing.
Keep refrigerated below 5°C.

Storage

See ingredients in **BOLD**.

Allergens

Tofu (Water, **SOYA** bean, Nigari),
Black pepper.

Ingredients

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GLUE AREA