

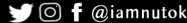
Nutritional Information

Typical Values per 100g

Energy	1805kJ 437kcal
Fat	42g
of which saturates	5.4g
Carbohydrate	7.3g
of which sugars	1.9g
Protein	7.5g
Salt	1.3g

**PUNCHY
FRESH
TANGY**

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



I AM NUT OK
MORE DARING THAN DAIRY

PLANT BASED • CULTURED • DAIRY FREE

garlic oil
RIGOTTA
fresh not ricotta

HANDMADE IN LONDON



Ingredients: **CASHEW NUTS**, Water, Garlic Oil (20%)
(Rapeseed Oil, Garlic), Lemon Juice, Sea Salt, 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

