

Jerk Tofu

Ingredients

Tofu, extra firm, Onion, Oil, veg, pure, Onion, Red Wine Vinegar, Garlic, Lime Juice, Sugar, Ginger, Allspice, Thyme, Salt, Kosher, course, Pepper, Cinnamon, Nutmeg.

Nutrients per serving

Nutrition Facts	
Serving Size (140g)	
Servings Per Container	
Amount Per Serving	
Calories 160	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 12g	
Vitamin A 2%	• Vitamin C 4%
Calcium 10%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	