



Tofu Ravioli

HIGH PROTEIN / CARB CONSCIOUS



*R*ATATOUILLE TOFU RAVIOLI



*C*HOCOLATE TOFU RAVIOLI

Nutritional Information (serving size 58 g)
Based on Ratatouille & Tofu filling.

calories	110	
calories from fat	10	% Daily Value
total fat	1g	1%
saturated fat	0g	0%
cholesterol	0g	0%
sodium	50mg	2%
total carbohydrate	18g	6%
dietary fiber	1g	5%
sugars	1g	
protein	4g	

100% vegan. Non dairy.

Available in a variety of fillings.

Nutritional Information (serving size 58 g)

calories	180	
calories from fat	35	% Daily Value
total fat	3.5g	6%
saturated fat	0.5g	3%
cholesterol	0g	0%
sodium	40mg	2%
total carbohydrate	26g	9%
dietary fiber	1g	6%
sugars	5g	
protein	5g	

100% vegan. Non dairy.

Also available in lemon crème flavor.

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Tofu is the best source of soy.

Some benefits of soy & tofu:

- helps prevent and fight many diseases from high cholesterol to diabetes to cancer
- contains antioxidants that protect cells from free radicals
- helps boost the immune system
- excellent source of protein to help retain bone mass