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Great alternative to cream cheese

# Ilo vegan spreads

Ilo vegan spreads are made of cashews, coconuts or oats. Enjoy Ilo spreads on your bread or use them in baking and cooking.

Package size: 150 g  
Sales carton: 8 x 150 g

- Dairy free
- Lactose free
- Soy free
- Gluten free
- Do not contain any artificial flavorings
- Good for vegans

## Ilo Coconut Spread

Coconut is valued for its rich fat content. Coconut milk and oil have increased in popularity as alternatives for dairy products.

**Ingredients:** Coconut milk, water, coconut oil, a mixture of potato starch and potato protein (incl. sulfites), salt, preservative (sorbic acid).

**Nutritional value/ 100 g:** energy 940 kJ/230 kcal, fat 21 g of which saturated fat 17,9 g, carbohydrates 7,6 g of which sugar 1,1 g, protein 1,7 g, salt 0,7 g.

## Ilo Cashew Spreads

Cashew is both tasty and nutritious: rich source of plant-based protein, unsaturated fat and dietary minerals.

### Ilo Cashew Spread Natural Organic

**Ingredients:** Organic Cashew, water, salt, acidity regulators (citric acid, lactic acid), culture.

**Nutritional value/ 100 g:** energy 760 kJ/180 kcal, fat 15 g of which saturated fat 2,5 g, carbohydrates 6 g of which sugar 1,5 g, protein 6,4 g, salt 0,7 g.

### Ilo Cashew Spread Garlic Organic

**Ingredients:** Organic Cashew, water, organic garlic (3%), salt, acidity regulator (citric acid, lactic acid), culture.

**Nutritional value/ 100 g:** energy 750 kJ/180 kcal, fat 15 g of which saturated fat 2,4 g, carbohydrates 6,3 g of which sugar 1,4 g, protein 6,4 g, salt 0,7 g.

## Ilo Oat Spread

Oat is one of the healthiest grains on earth. It is a good source of carbohydrates, fiber that includes beta-glucan, important vitamins and dietary minerals. Oat is naturally gluten free.

**Ingredients:** Oat base (water, gluten free oat 10 % (Finland), canola oil, calcium, salt, riboflavin (vitamin B2), folic acid, vitamin D2, vitamin B12, vitamin A), coconut oil, potato starch and potato protein blend (contains sulphites), salt, preservative (sorbic acid).

**Nutritional value/ 100 g:** energy 790 kJ/190 kcal, fat 15 g of which saturated fat 12,9 g, carbohydrates 11,8 g of which sugar 3,2 g, protein 1,8 g, salt 0,6 g.

### Ilo Cashew Spread Sweet Jalapeno

**Ingredients:** Organic Cashew, water, canned pepper (5,4%) (pepper, sugar, acidity regulators (E330, E300, E509)), canned jalapeno (3,9%) (jalapeno, water, salt, vinegar, acidity regulator (E330)), salt, acidity regulator (E330), preservative (E200), culture.

**Nutritional value/ 100 g:** energy 960 kJ/230 kcal, fat 18,5 g of which saturated fat 3,1 g, carbohydrates 8,3 g of which sugar 2,7 g, protein 7,9 g, salt 0,5 g.



Ilo Spreads are produced in Jämsä, Finland. We manufacture a large selection of cheese and vegetable spreads. Our top priority is to supply high quality, innovative delicacy products. Our factory is FSSC 22000 certified. Finnish Cheese Company has specialized in gourmet spreads since 2002.

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