



Smoky stew with potatoes and lentils

SE/DK/NO Ingredienser: Vatten/vand, potatis/kartoffel/potet 16 %, vegetarisk köttsubstitut/køderstatning 10 % (vatten/vand, **sojaprotein**, **äggvita/ægghvide**, solrosolja/solsikkeolie, naturliga aromer/aromaer, salt, torkad lök/tørret løg, dextros, risfiber, torkad vitlök/tørret hvidløg), morot/gulerod, rød paprika/rød peberfrugt, gröna bönor/grønne bønner, lök/løg, linser 4,6 %, maltodextrin, rapsolja/rapsolie, tomatpasta, aromer/aromaer (innehåller/indholder **selleri**), salt, socker/sukker, vinäger/vineddik, paprikapulver/peberfrugtpulver, vitlökspulver/hvidløgspulver, jästextrakt/gærekstrakt, modifierad stärkelse/modificeret stivelse, syra/syre: citronsyra, dextros, förtjockningsmedel/fortykningmiddel: guarkärnmjöl/guargum, rökarom/røykaroma. Kan innehålla spår av mjölk/mælk, vete/hvede (gluten) och senap/sennep.

EN Ingredients: Water, potato 16 %, vegetarian meat substitut 10 % (water, **soy** protein, **egg** white powder, sunflower oil, natural flavorings, salt, dehydrated onion, dextrose, rice fiber, dehydrated garlic), carrot, red bell pepper, green beans, onion, lentils 4,6 %, maltodextrin, rape seed oil, tomato paste, flavorings (contains **celery**), salt, sugar, vinegar, paprika powder, garlic powder, yeast extract, modified starch, acid: citric acid, dextrose, thickener: guar gum, smoke flavouring. May contain traces of milk, wheat (gluten) and mustard.

FR Ingrédients: eau, pommes de terre 16 %, spécialité végétal cuit 10 % (eau, protéines de **soja**, blanc **dœuf** en poudre, huile de tournesol, arômes naturels, sel, oignon déshydraté, dextrose, fibre de riz, ail déshydraté), carotte, poivron rouge, haricots verts, oignon, lentilles 4,6 %, maltodextrine, huile de colza, pâte de tomate, arômes (contient **céleri**), sel, sucre, vinaigre, paprika en poudre, ail en poudre, extrait de levure, amidon modifié, acide: acide citrique, dextrose, épaississant: gomme de guar, arôme de fumée. Peut contenir des traces de lait, de blé (gluten) et de moutarde.

Claims: Lactose free, Gluten free and Vegetarian.

Category: Wet meal

Content: 440 g

Shelf life: 42 months at an ambient temperature in a temperate climate or according to NATO Standard AMedP-1.11; Chapter 3 – Shelf Life.

Storage: Dry at room temperature.

Nutritional values:

Nutritional declaration	Per 100g	Per Pouch (440g)
Energy (kJ)	483 kJ	2124 kJ
Energy (kcal)	115 kcal	507 kcal
Fat	4,6 g	20 g
of which saturated fat	0,5 g	2,2 g
Carbohydrate	13 g	57 g
of which sugars	2,8 g	12 g
Fiber	2,1 g	9,2 g
Protein	4,4 g	20 g
Salt	0,99 g	4,4 g



Marketed by Continental Foods Sweden AB, www.outdoormeal.com
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