



Creamy Stew with Mushrooms

EN Ingredients: Rice 39 %, palm fat, glucose syrup, texturized **soy** protein, modified potato starch, pea protein, onion, tomato, **cream** powder, salt, boletus, turmeric, champignon, cepe, flavoring, **mustard** powder, paprika powder, parsley, acid: citric acid.

Lactose free and Gluten free

Category: Dry meal

Preparation:

1 Tear off the top and fold out the bottom

2 Add 350 ml of boiling water (level F)

3 Stir

4 Re-seal, wait 10 mins

Add more water if required.

Can be prepared using cold water, extend the time to > 30 mins

Content: 150 g

Shelf life: 48 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 (dry product)	Per Pouch (prepared)
Energy (kJ)	1833 kJ	2750 kJ
Energy (kcal)	437 kcal	655 kcal
Fat	16 g	24 g
of which saturated fat	7,6 g	11 g
Carbohydrate	57 g	85 g
of which sugars	5,3 g	7,9 g
Fiber	5,7 g	8,5 g
Protein	13 g	20 g
Salt	2,4 g	3,7 g

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