



Kebab stew with corn and bell pepper

SE/DK/NO Ingredienser: kokat/kogt långkornigt/langkornet ris 27 %, vatten/vand, vegetarisk köttsubstitut/kødeerstatning 10 % (vatten/vand, **sojaprotein**, **äggvita/æggehvide**, solrosolja, naturlig arom, salt, torkad lök, dextros, risfiber, torkad vitlök), lök, majs 7,4 %, röd paprika 5,0 %, morot, tomat, rapsolja, tomatpuré, proteinpulver (ärtprotein, risprotein, naturlig arom), salt, socker, vitlök, kryddor, örter, arom, färgämne: paprikaextrakt, jästextrakt, dextros, förtjockningsmedel: guarkärnmjöl/guargum. Kan innehålla spår av mjölk, vete (gluten), selleri och senap.

EN Ingredients: cooked long grain rice 27 %, water, vegetarian meat substitute 10 % (water, **soy** protein, **egg** white powder, sunflower oil, natural flavorings, salt, dehydrated onion, dextrose, rice fiber, dehydrated garlic), onion, corn 7,4 %, red bell pepper 5,0 %, carrot, tomato, rapeseed oil, tomato paste, protein powder (pea protein, rice protein, natural flavoring), salt, sugar, garlic, spices, herbs, flavoring, color: paprika extract, yeast extract, dextrose, thickener: guar gum.

FR Ingrédients: riz cuit 27 %, eau, spécialité végétale cuite 10 % (eau, protéines de **soja**, blanc **dœuf** en poudre, huile de tournesol, arômes naturels, sel, oignon déshydraté, dextrose, fibre de riz, ail déshydraté), oignon, maïs 7,4 %, poivron rouge 5,0 %, carottes, tomates, huile de colza, purée de tomate, poudre de protéines (protéines de pois, protéines de riz, arôme naturel), sel, sucre, ail, épices, herbes, arômes, colorant: extrait de paprika, extrait de levure, dextrose, épaississant; gomme de guar. Peut contenir des traces de lait, de blé (gluten), de céleri et de moutarde.

Claims: Lactose free, Gluten free and Vegetarian.

Category: Wet meal

Content: 430 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 (430g)
Energy (kJ)	500 kJ	2151 kJ
Energy (kcal)	119 kcal	513 kcal
Fat	4,9 g	21 g
of which saturated fat	0,4 g	1,9 g
Carbohydrate	13 g	58 g
of which sugars	1,9 g	8,0 g
Fiber	1,9 g	8,2 g
Protein	4,5 g	19 g
Salt	0,98 g	4,2 g



Marketed by Continental Foods Sweden AB, www.outdoormeal.com
Consumer contact Phone +46 (0)20-94 00 94

2019-10-01

