



## 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/fortykningssmiddel: 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](http://www.outdoormeal.com)  
 Consumer contact Phone +46 (0)20-94 00 94



## Chicken curry with rice

**EN Ingredients:** Water, vegetables 18% (onions, carrots, corn, red pepper), cooked chicken meat 15% (chicken meat, salt), tomato puree, long-grain rice 10%, rapeseed oil, iodized salt, curry 0,5%, garlic, flavorings, thickener: guar gum, lemon juice concentrate, dextrose, color: paprika extract.

May contain traces of milk, egg, wheat, soy, celery and mustard.

**Category:** Wet meal

**Content:** 430 g

**Shelf life:** 36 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)	535 kJ	2301 kJ
Energy (kcal)	128 kcal	550 kcal
Fat	6,6 g	28 g
of which saturated fat	0,8 g	3,4 g
Carbohydrate	11 g	48 g
of which sugars	1,9 g	8,2 g
Fiber	1,3 g	5,6 g
Protein	5,2 g	22 g
Salt	0,92 g	4 g



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



## Chicken meatballs with spicy tomato

**EN Ingredients:** Water, tomato puree 25%, meatballs 15% (chicken meat 56%, chicken skin, breadcrumbs (**wheat** flour, salt, yeast), water, onions, rapeseed oil, seasoning (salt, hydrolyzed vegetable protein, sunflower oil), modified maize starch, potato starch, salt, spices), pasta 11% (durum **wheat** semolina, **egg** white), rapeseed oil, tomato pieces 2,3%, onions, sugar, vinegar, green jalapeño, iodized salt, thickener: guar gum, flavorings, garlic, dextrose, yeast extract, onion powder, basil, parsley, acidifier: citric acid, color: paprika extract.

May contain traces of milk, celery, soy and mustard.

**Category:** Wet meal

**Content:** 430 g

**Shelf life:** 36 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)	536 kJ	2305 kJ
Energy (kcal)	128 kcal	550 kcal
Fat	6,4 g	28 g
of which saturated fat	0,6 g	2,6 g
Carbohydrate	12 g	53 g
of which sugars	2,9 g	12 g
Fiber	1 g	4,3 g
Protein	4,4 g	19 g
Salt	0,7 g	3 g





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



## Mexican casserole with lentils and potatoes

**EN Ingredients:** Vegetables 29% (potatoes 13%, carrots, corn, onions, red pepper), lentils 24%, water, tomato puree, rapeseed oil, textured **wheat** proteins (**wheat** gluten, calcium sulfate, preservative: sodium **metabisulphite**, flavorings (contains **celery**), iodized salt, modified maize starch, thickener: guar gum, dextrose, curry (contains **mustard**), yeast extract, garlic, coriander, color: paprika extract. May contain traces of milk, egg and soy.

**Category:** Wet meal

**Content:** 430 g

**Shelf life:** 36 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)	537 kJ	2309 kJ
Energy (kcal)	128 kcal	550 kcal
Fat	5,4 g	23 g
of which saturated fat	0,4 g	1,7 g
Carbohydrate	12 g	50 g
of which sugars	2,2 g	9,5 g
Fiber	2,5 g	11 g
Protein	6,6 g	28 g
Salt	1 g	4,5 g



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





## Rice pudding with cinnamon and cardamom

**SE/DK/NO Ingredienser:** vatten/vand, långkornigt/langkornet ris 10 %, laktosfri **grädde/laktosefri flöde**, socker/sukker, rapsolja/rapsolie, jodsalt/salt tilsat jod, stabiliseringsmedel/stabilisator: E472e, modifierad majsstärkelse/modificeret majsstivelse, förtjockningsmedel: guarkärnmjöl/guargummi, xanthangummi och fruktkärnmjöl/xanthangummi og johannesbrødkernemel, arom/smagsstof, kanel, kardemumma/kardemomme. Kan innehålla spår av vete/hvede, selleri, soja, ägg/æg/egg och senap/sennep.

**EN Ingredients:** water, long-grain rice 10%, lactose-free **cream**, sugar, rapeseed oil, iodized salt, stabilizer: E472e, modified maize starch, thickeners: guar gum, xanthan gum and locust bean gum, flavoring, cinnamon, cardamom. May contain traces of wheat, celery, soy, egg and mustard.

**FR Ingrédients :** eau, riz long grain 10 %, **crème** sans lactose, sucre, huile de colza, sel iodé, stabilisant (E472e), amidon modifié de maïs, épaississants (gomme de guar, gomme de xanthane, gomme de caroube), arômes, cannelle, cardamome. Peut contenir des traces de blé, de céleri, de soja, d'œuf et de moutarde.

**Category:** Wet meal

**Content:** 430 g

**Shelf life:** 36 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:**

<b>Nutritional declaration</b>	<b>Per 100g</b>	<b>Per Pouch (430g)</b>
Energy (kJ)	488 kJ	2098 kJ
Energy (kcal)	117 kcal	503 kcal
Fat	5.9 g	25 g
of which saturated fat	1.7 g	7.3 g
Carbohydrate	15 g	65 g
of which sugars	6.1 g	26 g
Fiber	0.3 g	1.3 g
Protein	1.0 g	4.3 g
Salt	0.31 g	1.3 g

For label example, see “Language of label instructions” document.

Example picture of product:



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



## Rice pudding with vanilla taste

**SE/DK/NO Ingredienser:** vatten/vand, långkornigt/langkornet ris 10 %, laktosfri **grädde/laktosefri fløde**, socker/sukker, rapsolja/rapsolie, jodsalt/salt tilsat jod, stabiliseringsmedel/stabilisator: E472e, arom/smagsstof, modifierad majsstärkelse/modificeret majsstivelse, förtjockningsmedel/fortykningssmidler: guarkärnmjöl och xanthangummi/guar- og xanthangummi. Kan innehålla spår av vete/hvede, selleri, soja, ägg/æg/egg och senap/sennep.

**EN Ingredients:** water, long-grain rice 10%, lactose-free **cream**, sugar, rapeseed oil, iodized salt, stabilizer: E472e, flavoring, modified maize starch, thickeners: guar and xanthan gum. May contain traces of wheat, celery, soy, egg and mustard.

**FR Ingrédients :** eau, riz long grain 10 %, **crème** sans lactose, sucre, huile de colza, sel iodé, stabilisateur (E472e), arômes, amidon modifié de maïs, épaississants (gomme de guar et gomme de xanthane). Peut contenir des traces de blé, de céleri, de soja, d'œuf et de moutarde.

**Category:** Wet meal

**Content:** 430 g

**Shelf life:** 36 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)	488 kJ	2098 kJ
Energy (kcal)	117 kcal	503 kcal
Fat	6.2 g	27 g
of which saturated fat	1.8 g	7.7 g
Carbohydrate	14 g	60 g
of which sugars	5.5 g	24 g
Fiber	0.2 g	0.9 g
Protein	1.0 g	4.3 g
Salt	0.36 g	1.5 g

For label example, see “Language of label instructions” document.

Example picture of product:



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



## Stroganoff with rice and mushroom

**EN Ingredients:** cooked long grain rice 31 %, water, vegetarian meat substitute 10 % (water, **soy** protein, **egg** white powder, sunflower oil, natural flavorings, salt, dehydrated onion, dextrose, rice fiber, dehydrated garlic), mushroom 8,1 %, onion, corn, **mustard** (water **mustard** seeds, spirit vinegar, salt, spices), tomato paste, lactose-free **cream**, rapeseed oil, sugar, salt, yeast extract, parsley, red bell pepper, flavorings (contains **celery**), modified starch, emulsifier: E472e, thickeners: guar and xanthan gum

Lactose free and gluten free.

**Category:** Wet meal

**Content:** 450 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.

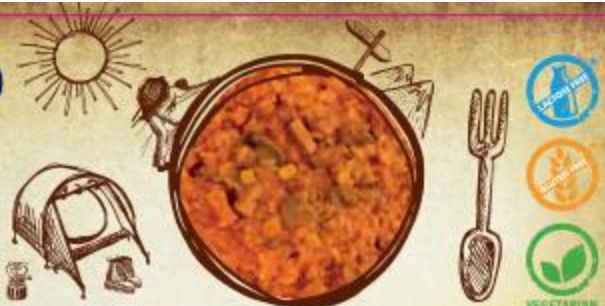
**Storage:** Dry at room temperature.

### Nutritional values:

Nutritional declaration	Per 100g	Per Pouch (450g)
Energy (kJ)	470 kJ	2117 kJ
Energy (kcal)	112 kcal	505 kcal
Fat	4,4 g	20 g
of which saturated fat	1,3 g	5,8 g
Carbohydrate	13 g	60 g
of which sugars	3,0 g	14 g
Fiber	1,6 g	7,2 g
Protein	4,2 g	19 g
Salt	1,0 g	4,7 g

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





**SE/DN/NO - Stroganoff med ris och svamp**

Ingredienser: kokt/kärl långkornigt långkornat ris 31 %, vatten/vand, vegetarisk köttsubstitut/kädesättning 10 % (vatten/vand, **sojaprotein, äggvita/äggsvhvite**, sockros/sukker, naturligt aromat/aroma, salt, färgad lak/tarret lag, dechras, risfibr, kokad vplök/tarret hvitlag), svampar/svamp/sopp 8,1 %, lak/lag, majs, **senap/sennep** (vatten/vand, **senapsfrö**, spröghägar/vinddäke, salt, kryddor/krydderier), tomopar, läktska **gröda/flöde**, ropolja/rapeseed, socker/sukker, salt, helsetrot/gäretrot/gäretskrot, persika/persike, röd paprika/röd peberfrugt, aromat/aroma (innehåller/indeholder **selleri**), modifierad stärke/modifieret stivelse, emulgatorer/emulgatorer E472e, färgningsmedel/färgningsmedel: guarikärnna/guar gum och xanthan gum/nattogummi. Kan innehålla/indeholder spår av vete/hvete (gluten).

**FI - Stroganoff riisillä ja sienillä**

Ingredienser: keuhattu pöyhdyttynyt riis 31 %, vesi, kasvisperäinen lihankorvikke 10 % (vesi, **soijaproteiini, kannamunavalkuainen**, aurinkopöyhdyttynyt kasvisainen aroma, suola, kuivattu sipuli, dechrasit, risikuita, kuivattu valkosipuli), sieniä 8,1 %, sipuli, maissi, **sinappi** (vesi, **sinappisiemen**, väkiviinietikka, suola, mausteet), tomopaprika, laktoosittomia **kerma**, rypsiöljy, sokeri, sipuli, hirsivauri, persikka, punainen paprika, örtti (sisältää **selleriä**), maunnetta/tikkakäys, emulgatorit: E472e, sokereita/sokerit: guarcami ja ksanttanikumi. Saattaa sisältää jäämiä vehnasta (gluteenia).

**EN - Stroganoff with rice and mushroom**

Ingredients: cooked long grain rice 31 %, water, vegetarian meat substitute 10 % (water, **soy protein, egg white powder**, sunflower oil, natural flavorings, salt, dehydrated onion, dechras, rice fiber, dehydrated garlic), mushroom 8,1 %, onion, corn, **mustard** (water **mustard** seeds, spirit vinegar, salt, spices), tomato paste, lactose-free **cream**, rapeseed oil, sugar, salt, yeast extract, parsley, red bell pepper, flavorings (contains **celery**), modified starch, emulsifier: E472e, thickeners: guar and xanthan gum. May contain traces of wheat (gluten).

**DE - Stroganoff mit Reis und Pilzen**

Zutaten: gegarter Langkornreis 31 %, Wasser, pflanzlicher Fleischersatz 10 % (Wasser, **Soja-Eiweiß, Eiweißpulver**, Sonnenblumenöl, natürliche Aromen, Salz, dehydrierte Zwiebeln, Dechras, Kerbsen, dehydrierter Knoblauch), Pilze 8,1 %, Zwiebeln, Mais, **Senf** (Wasser, **Senfsamen**, Bräunungsmittel, Salz, Gewürze), Tomatenmark, laktosefreie **Sahne**, Kapuzin, Zucker, Salz, Pfefferkörner, Petersilie, rote Paprika, Aromen (enthält **Sellerie**), modifizierte Stärke, Emulgator: E472e, Verdickungsmittel: Guarkernmehl und Xanthan. Kann Spuren von Weizen (Gluten) enthalten.

**FR - Stroganoff au riz et aux champignons**

Ingrediens: riz cuit 31 %, eau, spécialité végétale cuite 10 % (eau, protéines de **soja**, blanc d'**œuf** en poudre, huile de tournesol, arômes naturels, sel, alginate déshydraté, dechras, fibre de riz, ail déshydraté), champignon 8,1 %, oignon, maïs, **mustarde** (eau, graines de **mustarde**, vinaigre, sel, épices), pâte de tomates, **crème** sans lactose, huile de colza, sucre, sel, extrait de levure, persil, paprika, arômes (contient du **céleri**), amidon modifié, émulsifiant: E472e, épaississants: gomme guar et xanthane. Peut contenir des traces de blé (gluten).

Näringsvärde/Ravintosisältö/Nutrition declaration/ Nährwertdeklaration/Næringsverdi/Næringsverdi/ Déclaration nutritionnelle	Per/Pro/Pt/Pour 100g	Ättdagig portion/Nautipövalmis annos/ Servings portion/Verzehrlertige Portion/ Klar til af spise/Klar til å spise/ Par portion préparé (450 g)
Energ/Energia/Energy/Energia/Energ/Energie	470 kJ - 112 kcal	2117 kJ - 505 kcal
Fett/Rasva/Fat/Fett/Fett/Matières grasses - varov mätat fett/jasta tyydyttymättä/af wich saturated fat/davon gesättigte Fettsäuren/berfat matiede fettsyror/mavon meitet fett/davon köides gras sätöras	4,4 g	20 g
Kolhydrat/Milkyhydraatti/Carbohydrates/Kohlenhydrate/Kulhydrat/Carbohydrat/Glucides - varov sockerarter/jasta sokereita/af wich sugars/davon Zucker/berfat sukkanarter/ hvorav sockerarter/dont sucres	1,3 g	5,8 g
	13 g	60 g
Protein/Proteina/Protein/Eiweiß/Protein/Protein/Protéines	3,0 g	14 g
Salt/Suola/Salt/Salt/Salt/Sel	4,2 g	19 g
	1,0 g	4,7 g

\*Laktosia/Laktos < 0,01g/100 g produkt/туотетта/product/produit. \*\*Gluten/gluteenia <20 mg/kg produkt/туотетта/product/produit. Kan tilas varm eller kall. Voijaaan tuottaa kuumana tai kylmänä. Can be eaten hot or cold. Kann warm oder kalt verzehlet werden. Kan spises varmt eller kaldt. Kan spises varmt eller kaldt. A déguster chaud ou froid. Best före: Se påsens baksida. Parasta ennen: kato pussin lakaosa. Best before: See back of pouch. Mindestens haltbar bis: siehe Rückseite. Best før: Se baksiden af posen. Best før: Se baksiden av posen. A consumer de preference avant le: voir au dos de la poche.

Markaðsföres af/Markkinointi/Marketed by/Markedsføres af:  
Continental Foods, Sweden AB, 1In 020-94 00 94  
www.outdoormeal.com, Continental Foods Finland Oy, PL/PB 241,  
01531 Vantaa/Vanda, puh./fn 080094443, www.blaband.fi

**1 Portion/Annos/Ration  
450g e/505 kcal**



7861-01 419 071 1



## Swedish meatballs with creamy potatoes

**EN Ingredients:** Water, potatoes 34%, meatballs 15% (chicken meat 56%, chicken skin, bread crumbs (**wheat** flour, salt, yeast), water, onions, rapeseed oil, seasoning (salt, hydrolyzed vegetable protein and sunflower oil), modified maize starch, potato starch, salt, spices), rapeseed oil, lactose-free **cream** 3,9%, modified maize starch, thickeners: guar and xanthan gum, iodized salt, flavorings (contains **wheat, barley** and **celery**), acidity regulator: sodium citrates, stabilizer: E472e, onion powder, dextrose, caramelized sugar, yeast extract, parsley. May contain traces of soy, egg and mustard

**Category:** Wet meal

**Content:** 430 g

**Shelf life:** 36 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)	533 kJ	2292 kJ
Energy (kcal)	128 kcal	550 kcal
Fat	8,9 g	38 g
of which saturated fat	1,5 g	6,5 g
Carbohydrate	8,2 g	35 g
of which sugars	0,7 g	3 g
Fiber	0,7 g	3 g
Protein	3 g	13 g
Salt	0,94 g	4 g



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



## Wheat porridge with apple and mango

**SE/DK/NO Ingredienser:** vatten/vand, **veteflingor/hvedeflager/hveteflak** 12 %, laktosfri **grädde/laktosfri fløde**, äppelpuré/æblepuré/eplepuré 4,4 %, socker/sukker, rapsolja/rapsolie, jodsalt/salt tilsat jod, aromer/smagsstoffer, stabiliseringsmedel/stabilisator: E472e, modifierad majsstärkelse/modificeret majsstivelse, förtjockningsmedel/förtjockningsmidler: guarkärnmjöl och xanthangummi/guar- og xanthangummi. Kan innehålla spår av selleri, soja, ägg/æg/egg och senap/sennep.

**EN Ingredients:** water, **wheat** flakes 12%, lactose-free **cream**, apple puree 4,4%, sugar, rapeseed oil, iodized salt, flavorings, stabilizer: E472e, modified maize starch, thickeners: guar and xanthan gum. May contain traces of celery, soy, egg and mustard.

**FR Ingrédients :** eau, flocons de **blé** 12 %, **crème** sans lactose, purée de pomme 4,4 %, sucre, huile de colza, sel iodé, arômes, stabilisant (E472e), amidon modifié de maïs, épaississants (gomme de guar et gomme de xanthane). Peut contenir des traces de céleri, de soja, d'œuf et de moutarde.

**Category:** Wet meal

**Content:** 430 g

**Shelf life:** 36 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)	438 kJ	1883 kJ
Energy (kcal)	104 kcal	447 kcal
Fat	4.9 g	21 g
of which saturated fat	1.7 g	7.3 g
Carbohydrate	13 g	56 g
of which sugars	4.9 g	21 g
Fiber	1.0 g	4.3 g
Protein	1.6 g	6.9 g
Salt	0.36 g	1.5 g

For label example, see “Language of label instructions” document.

Example picture of product:



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





## Wheat porridge with vanilla taste

**SE/DK/NO Ingredienser:** vatten/vand, veteflingor/hvedeflager/hveteflak 12 %, laktosfri **grädde**/laktosefri **fløde**, socker/sukker, rapsolja/rapsolie, jodsalt/salt tilsat jod, stabiliseringsmedel/stabilisator: E472e, modifierad majsstärkelse/modificeret majsstivelse, arom/smagsstof, förtjockningsmedel/fortykningsmidler: guarkärnmjöl och xanthangummi/guar- og xanthangummi. Kan innehålla spår av selleri, soja, ägg/æg/egg och senap/sennep.

**EN Ingredients:** water, **wheat** flakes 12%, lactose-free **cream**, sugar, rapeseed oil, iodized salt, stabilizer: E472e, modified maize starch, flavoring, thickeners: guar and xanthan gum. May contain traces of celery, soy, egg and mustard.

**FR Ingrédients :** eau, flocons de **blé** 12 %, **crème** sans lactose, sucre, huile de colza, sel iodé, arômes, stabilisant (E472e), amidon modifié de maïs, arômes, épaississants (gomme de guar et gomme de xanthane). Peut contenir des traces de céleri, de soja, d'œuf et de moutarde.

**Category:** Wet meal

**Content:** 430 g

**Shelf life:** 36 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)	436 kJ	1875 kJ
Energy (kcal)	104 kcal	447 kcal
Fat	4.9 g	21 g
of which saturated fat	1.7 g	7.3 g
Carbohydrate	13 g	56 g
of which sugars	4.9 g	21 g
Fiber	1.0 g	4.3 g
Protein	1.6 g	6.9 g
Salt	0.36 g	1.5 g

For label example, see “Language of label instructions” document.

Example picture of product:



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