



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



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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



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Instant Alfredo Noodles

Noodles [Wheat Flour (**Wheat, Gluten**), Starch, Salt, Acidity Regulators] (63%), Sauce Powder [Modified Starch (E1422) (20%), Dried Mushrooms (*Agaricus Bisporus*) (**Sulphur Dioxide**) (18%), Soya Creamer [Maltodextrin, Vegetable Fat (Palm Fruit; Antioxidant BHA), Emulsifier (E471), Soy Protein (**Soybean**), Stabilizer (E452), Anticaking agent (E551)] (17%), Vegetable Flavouring (**Soybean, Wheat, Gluten, Celery**), Flour (Wheat, Gluten), Sugar, **Salt**, Thickener: Xanthan Gum (E415), Garlic Powder] (37%)

Allergens: Soybean, Wheat, Gluten, Celery, Sulphur Dioxide

	per 100g	per 95g
Energy kJ/kcal	1860/445	1767/423
Fat (g)	18,3	17,4
<i>of which Saturated (g)</i>	8,6	8,2
Carbohydrates (g)	57	54,2
<i>of which Sugar (g)</i>	3,3	3,1
Protein (g)	11,2	10,6
Dietary Fibre (g)	2,8	2,7
Salt (g)	1,8	1,7

Instructions: Simply add 300ml of boiling water directly to the contents of the pouch, seal and leave to soak for 3-5 minutes.





Rice pudding with cinnamon and cardamom

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, 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:

Nutritional declaration	Per 100g	Per Pouch (430g)
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:



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Instant Noodle beef flavour / Nudlar med biffsmak

Noodles [**Wheat** Flour, Starch, Salt, Acidity Regulators] (63%), Sauce Powder [Modified Starch (E1422), Soymilk [Maltodextrin, Vegetable Fat (Palm Fruit; Antioxidant BHA), Emulsifier (E471), **Soy** Protein, Stabilizer (E452), Anticaking Agent (E551)], Beef Flavouring (**Eggs, Soybean, Wheat**) (17%), Dried Vegetables [Carrots, Potatoes, Cabbage, Leeks (**Sulphur Dioxide**)], Sugar, Salt, Tomato Powder [Maltodextrin, Tomato Paste, Sugar, Salt], Colouring, Thickener(E415), Garlic Powder, Onion Powder, Mixed Herbs]]

Nudlar [**Vetemjöl**, Stärkelse, Salt, Surhetsreglerande Medel] (63%), Såspulver [Modifierad Stärkelse (E1422), Sojamjolk [Maltodextrin, Vegetabiliskt Fett (Palmfrukt; Antioxidant BHA), Emulgeringsmedel (E471), **Sojaprotein**, Stabiliseringsmedel (E452), Klumpförebyggandemedel (E551)], Arom Av Nötkött (**Ägg, Sojaböner, Vete**) (17%), Torkade Grönsaker [Morötter, Potatis, Kål, Purjolök (**Svaveldioxid**)], Socker, Salt, Tomatpulver [Maltodextrin, Tomatpasta, Socker, Salt], Färgämne, Förtjockningsmedel (E415), Vitlökspulver, Lökpulver, Blandade örter]]

Allergens: Soybean, Wheat, Gluten, Sulphur Dioxide, Eggs

	per 100g	per 95g
Energy kJ/kcal	1766/422	1678/401
Fat (g)	16,9	16,1
<i>of which Saturated (g)</i>	7,9	7,5
Carbohydrates (g)	55	52,3
<i>of which Sugar (g)</i>	3,2	3
Protein (g)	11,4	10,8
Dietary Fibre (g)	2,5	2,4
Salt (g)	2	1,9

Instructions: Simply add 300ml of boiling water directly to the contents of the pouch, seal and leave to soak for 3-5 minutes.





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



Thai chicken with coconut taste

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)	534 kJ	2296 kJ
Energy (kcal)	128 kcal	550 kcal
Fat	7 g	30 g
of which saturated fat	2,4 g	10 g
Carbohydrate	11 g	46 g
of which sugars	1,4 g	6 g
Fiber	1 g	4,3 g
Protein	5 g	22 g
Salt	0,96 g	4,1 g



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:



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