



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



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 Consumer contact Phone +46 (0)20-94 00 94



Chili sin carne with kidney beans

EN Ingredients: Red beans 30%, water, tomato puree, vegetables 12% (carrots, onions, corn, red pepper), textured **wheat** proteins (**wheat** gluten, calcium sulfate, preservative: sodium **metabisulphite**), rapeseed oil, green jalapeño, flavorings (contains **celery** and **wheat**), iodized salt, thickener: guar gum, modified maize starch, dextrose, curry (contains **mustard**), garlic, 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)	534 kJ	2296 kJ
Energy (kcal)	128 kcal	550 kcal
Fat	5,6 g	24 g
of which saturated fat	0.4 g	1,7 g
Carbohydrate	8,6 g	37 g
of which sugars	1,7 g	7,3 g
Fiber	4,2 g	18 g
Protein	8,6 g	37 g
Salt	0,97 g	4,2 g



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Kebab stew with corn and bell pepper

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.

Lactose free and gluten free.

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

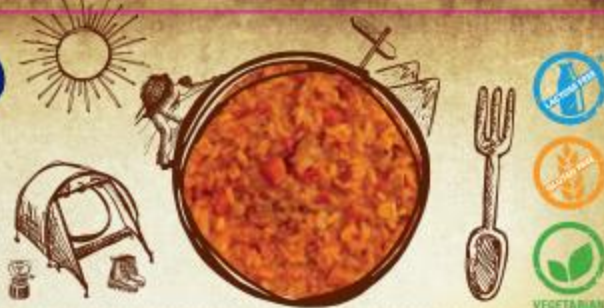
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Blå Band

A Nordic Food Favorite

KEBAB STEW WITH CORN AND BELL PEPPER

OUTDOOR MEAL



SE/DN/NO - Kebab gryta/gryde med mais og paprika/peberfrugt
 Ingredienser: kokt/kogt finkornigt/langkornet ris 27 %, vatten/vand, vegetabilsk köttsubstitut/kødeerstatning 10 % (vatten/vand, sojaprotein, äggvita/æggehvide, selosolja, naturlig arom, salt, tørkad lök, dechros, risfiber, tørkad vitlösk), lök, mais 7,4 %, röd paprika 5,0 %, morot, tomat, rapsolja, tomatpuré, proteinpulver (sojaprotein, äggprotein, naturlig arom), salt, socker, vitlösk, krydder, ämne, arom, färgämne: paprikaextrakt, jästextrakt, dechros, förtjockningsmedel: guar gummi/guar gum. Kan innehålla spår av mjölk, vete (gluten), selleri och senap.

FI - Kebab-pate maissilla ja paprikalla
 Ainesosat: keuhattu pitkäkornainen riisi 27 %, vesi, kasvipohjainen lihankorvike 10 % (vesi, soijaproteiini, kananmunanvalkuainen, aurinkokukkaöljy, luontainen aromi, suola, kuivattu sipuli, dekstroosi, riisikuitu, kuivattu valkosipuli), sipuli, maissi 7,4 %, punainen paprika 5,0 %, porkkana, tomaatti, pippuri, tomaattipyyne, proteiini jauhe (soijaproteiini, riisiproteiini, luontainen aromi), suola, sokeri, valkosipuli, mausteet, yrtit, aromi, väriaine: paprikaaine, hivoaine, dekstroosi, sokerimassain: guarumi. Söötään sisältää jäämiä maidosta, vehnäsistä (gluteenia), selleristä ja sinapista.

EN - Kebab stew with corn and bell pepper
 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 (soy protein, rice protein, natural flavoring), salt, sugar, garlic, spices, herbs, flavoring, color: paprika extract, yeast extract, dextrose, thickener: guar gum. May contain traces of milk, wheat (gluten), celery and mustard.

DE - Kebab-Topf mit Mais und Paprika
 Zutaten: gegartes Langkornreis 27 %, Wasser, pflanzlicher Fleischersatz 10 % (Wasser, Soja-Eiweiß, Eiweißpulver, Sonnenblumenöl, natürliche Aromen, Salz, dehydrierte Zwiebeln, Dextrose, Reissfaser, dehydrierter Knoblauch), Zwiebeln, Mais 7,4 %, rote Paprika 5,0 %, Karotten, Tomaten, Rapsöl, Tomatenmark, Proteinpulver (Eiweißprotein, Reisprotein, natürliche Aromen), Salz, Zucker, Knoblauch, Gewürze, Kräuter, Aromen, Farbstoff: Paprikaextrakt, Hefeextrakt, Dextrose, Verdickungsmittel: Guarkernmehl. Kann Spuren von Milch, Weizen (Gluten), Sellerie und Senf enthalten.

FR - Ragout de kebab au maïs et aux poivrons rouges
 Ingrédients: riz cuit 27 %, eau, spécialité végétale cuite 10 % (eau, protéines de soja, blanc d'œuf 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, assaisonnant: gomme de guar. Peut contenir des traces de lait, de blé (gluten), de céleri et de moutarde.

Näringsvärde/Ravintosisältö/Nutrition declaration/ Nährwertdeklaration/Næringsverdi/Næringsverdi/ Declaration nutritionnelle	Per/Pro/Pri/Pour 100g	Ärfärlig portion/Nautintavelmis annos/ Serving portion/Verzehrfertige Portion/ Klar til et spise/Klar til å spise/ Par portion préparé (430 g)
Energi/Energiaa/Energy/Energie/Energj/Energie	500 kJ - 119 kcal	2151 kJ - 513 kcal
Fett/Rasvaat/Fat/Fett/Fett/Matières grasses	4,9 g	21 g
- varav mättat fett/ista tydyttytty/af wuch saturated fat/davon gesättigte		
Fettsäuren/hielat mättade fettsyror/hvorav mättet fett/dont Acides gras saturés	0,4 g	1,9 g
Kulhydrat/Hilhydraattia/Carbohydrates/Kohlenhydrate/Kulhydrat/Karbohydrat/Glucides	13 g	58 g
- varav sockerarter/ista sokeri/af wuch sugars/davon Zucker/hielat sukkerarter/hvorav sukkerarter/dont sucres	1,9 g	8,0 g
Protein/Proteiinia/Protein/Eiweiß/Protein/Protein/Protéines	4,5 g	19 g
Salt/Suolaa/Salt/Selz/Salt/Salt/Sel	0,98 g	4,2 g

*Laktosia/Laktos < 0,01g/100 g produkt/tuotetta/product/produit. **Gluten/gluteeni < 20 mg/kg produkt/tuotetta/product/produit. Kan ätas varm eller kall. Vidöron maallu kuumalla tai kylmänä. Can be eaten hot or cold. Kann warm oder kalt verzehrt werden. Kan spises varmt eller kaldt. Kan spises varmt eller kaldt. A disputer cloud or trout. Best before: Se miinere pakissa. Parasta ennen: katso pysin takana. Best before: see back of pouch. Mindestens haltbar bis: siehe Rückseite. Best før: Se bagsiden af posen. Best før: see back of the package. A consumer de préférence avant le: voir au dos de la poche.

Marknadsförs av/Markkinaa/Marketed by/Markedsføres av:
 Continental Foods, Sweden AB, Tfñ 020-94 00 94,
 www.surdoormeat.com, Continental Foods Finland Oy, PL/PB 241,
 01531 Vantaa/Vanda, puh./fñ 080094443, www.blåband.fi

1 Portion/Annos/Ration
430 g e/513 kcal



7882-01 419 0741



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



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:



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Instant Tomato Noodles

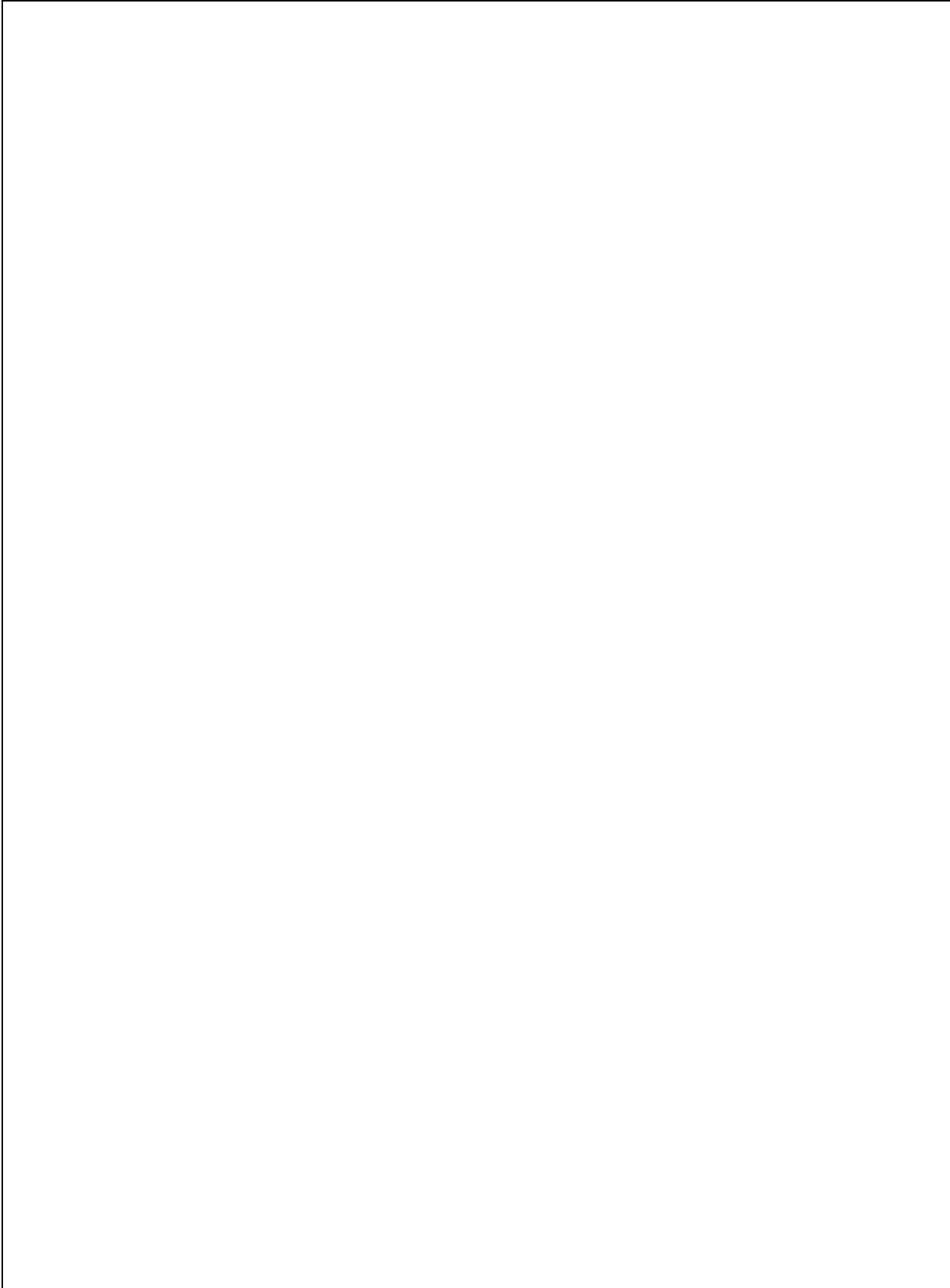
Noodles [**Wheat** Flour, Starch, Salt, Acidity Regulators] (63%),
Sauce Powder [Tomato Powder [Maltodextrin, Tomato Paste, Sugar, Salt], Modified Starch (E1422) (20%), Sugar, Vegetable Flavouring (Contains: **Soybean, Wheat, Celery**), Salt, Dried Vegetables [Carrots, Potatoes, Cabbage, Leeks (Contains: **Sulphur Dioxide**)], Soymilk [Maltodextrin, Vegetable Fat (Palm Fruit; Antioxidant BHA), Emulsifier (E471), **Soy** Protein, Stabilizer (E452), Anticaking Agent (E551)], Thickener(E415), Black Pepper, Garlic Powder, Onion Powder]

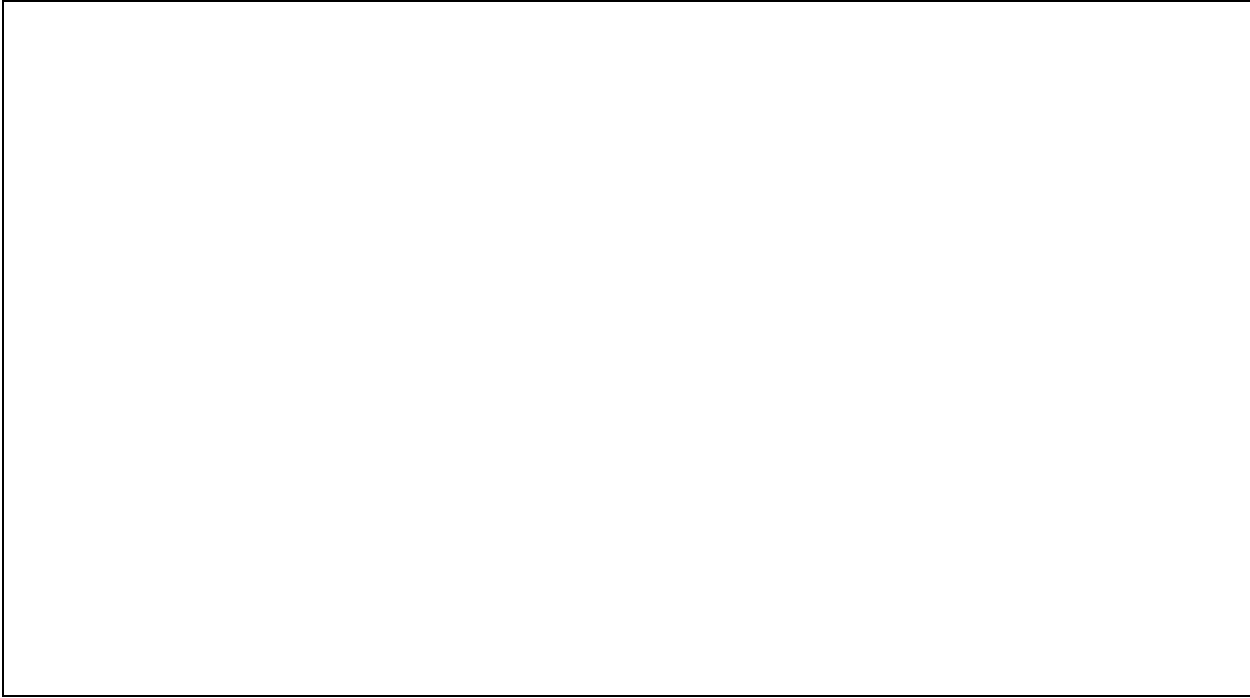
Nudlar [**Vetemjöl**, Stärkelse, Salt, Surhetsreglerande Medel] (63%),
Såspulver [Tomatpulver [Maltodextrin, Tomatpasta, Socker, Salt], Modifierad Stärkelse (E1422) (20%), Socker, Grönsaksarom (Innehåller: **Soja, Vete, Selleri**), Salt, Torkade Grönsaker [Morötter, Potatis, Kål, Purjolök (Innehåller: Svaveldioxid)], Sojamjolk [Maltodextrin, Vegetabiliskt Fett (Palmfrukt, Antioxidant BHA), Emulgeringsmedel (E471), Sojaprotein, Stabiliseringsmedel (E452), Antiklumpningsmedel (E551), Förtjockningsmedel (E415), Svart Peppar, Vitlökspulver, Lökpulver]

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

	Per 100g	Per 95g
Energy Kj/Kcal	1880/450	1786/427
Fat (G)	17,9	17
<i>Of Which Saturated (G)</i>	9,3	8,8
Carbohydrates (G)	58	55.1
<i>Of Which Sugar (G)</i>	3	2,9
Dietary Fibre (G)	4,5	4,3
Protein (G)	11,3	10,7
PLEASE NO FIBER HERE		
Salt (G)	1,9	1,8

Instructions: Simply Add 300ml Of Boiling Water Directly To The Contents Of The Pouch, Seal And Leave To Soak For 3-5 Minutes.





Instant Vegetable Noodles / Grönsaksnudlar

Noodles [**Wheat** Flour, Starch, Salt, Acidity Regulators] (63%), Sauce Powder [Modified Starch (E1422) (23%),

Vegetable Flavouring (contains: **Soybean, Wheat, Celery**), Vegetables [Carrots, Potatoes, Cabbage, Leeks (contains: **Sulphur Dioxide**)] (20%),

Soymilk [Maltodextrin, Vegetable Fat (Palm Fruit; Antioxidant BHA), Emulsifier(E471), Soy Protein (**Soybean**), Stabilizer(E452), Anticaking agent(E551)], Salt, Garlic Powder, Onion Powder, Mixed Herbs, Thickener(E415), Black Pepper]

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

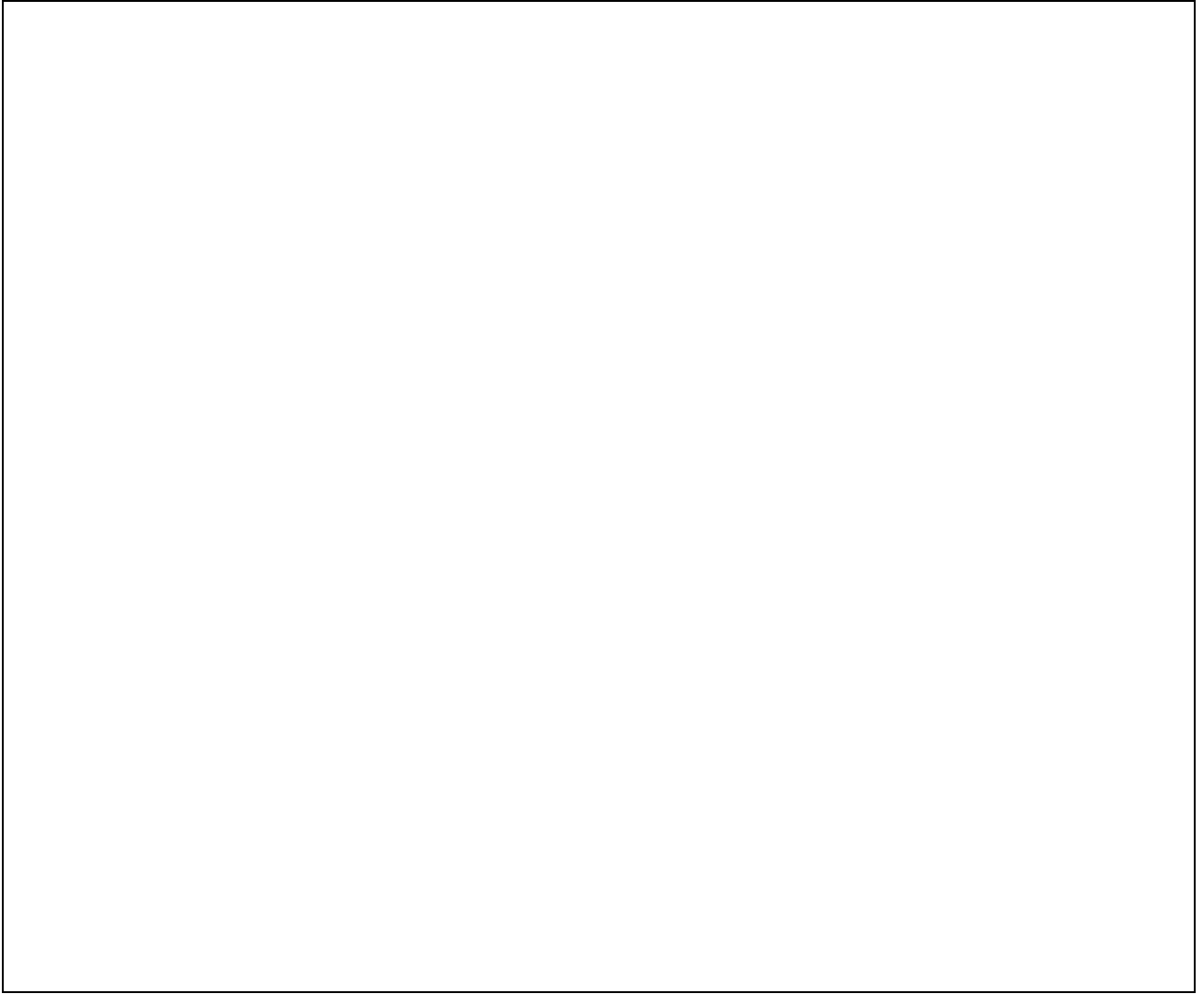
Nudlar [**vetemjöl**, stärkelse, salt, surhetsreglerande medel] (63 %), såspulver [modifierad stärkelse (E1422),

Grönsaksarom (Innehåller: **sojaböna, vete, selleri**), grönsaker [morötter, potatis, kål, purjolök (Innehåller: **svaveldioxid**)] (20%),

Sojamjök [Maltodextrin, vegetabiliskt fett (palmfrukt, antioxidant BHA), emulgeringsmedel (E471), **sojaprotein**, stabiliseringsmedel (E452), Klumpförebyggande medel (E551)] (19 %), salt, vitlökspulver, lökpulver, blandade örter, förtjockningsmedel (E415), svartpeppar]

	per 100g	per 95g
Energy kJ/kcal	1987/475	1887/451
Fat (g)	22,5	21,4
<i>of which Saturated (g)</i>	10,9	10,4
Carbohydrates (g)	58	55,1
<i>of which Sugar (g)</i>	4,8	4,6
Dietary Fibre (g)	3,3	3,1
Protein (g)	9,9	9,4
Salt (g)	2	1,9

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





Wheat porridge with vanilla taste

SE/DK/NO Ingredienser: vatten/vand, veteflingor/hvedeflager/hveteflak 12 %, laktosfri **grädde**/laktosfri **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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