



Taco Stew

SE/DK/NO Ingredienser: Potatis/kartoffler/poteter 26 %, tomat, palmfett, röd paprika/röd peberfrugt, nötkött/oksekød/storfekjøtt 6,3 %, **crème fraiche**, lök/løg, majs, paprikapulver, modifierad potatisstärkelse/kartoffelstivelse/potetstivelse, salt, vitlök/hvidløg, chili, **skummjörkspulver/skummetmörkpulver/skummetmelkpulver**, spiskummin/spidskommen, oregano, **mörkprotein/mörkeprotein/melkeprotein**.

EN Ingredients: Potato 26 %, tomato, palm fat, red pepper, beef 6.3%, **crème fraiche**, onion, sweetcorn, red pepper powder, modified potato starch, salt, garlic, chili, **skimmed milk powder**, cumin, oregano, **milk protein**.

FR Ingrédients: Pomme de terre 26%, tomate, graisse de palme, poivron rouge, bœuf 6,3%, **crème fraîche**, oignon, maïs, poudre de poivron rouge, amidon modifié de pomme de terre, sel, ail, piment, poudre de **lait** écrémé, cumin, origan, protéines de **lait**.

Claims: Lactose free

Category: Dry meal

Preparation:

- 1 Tear off the top and fold out the bottom
 - 2 Add 400 ml of boiling water (level H)
 - 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: 143 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)	1881 kJ	2690 kJ
Energy (kcal)	449 kcal	643 kcal
Fat	21 g	30 g
of which saturated fat	9,4 g	13 g
Carbohydrate	47 g	68 g
of which sugars	13 g	19 g
Fiber	12 g	17 g
Protein	14 g	19 g
Salt	3 g	4,3 g



Marketed by Continental Foods Sweden AB, www.outdoormeal.com
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