



Mediterranean Pasta with Chicken

SE/DK/NO Ingredienser: Pasta 36% (**durumvetemjöl/durumhvedemel**, salt), tomat, palmfett, kyckling/kylling 8,1%, socker/sukker, arom/aroma (innehåller **ägg/æg**), morot/gulerod, modifierad potatisstärkelse/kartoffelstivelse/potetstivelse, lökpulver/løgpulver, jästextrakt/gærekstrakt, emulgeringsmedel: E 451, salt, maltodextrin.

EN Ingredients: Pasta 36 % (durum **wheat** flour, salt), tomato, palm fat, chicken 8.1 %, sugar, flavouring (contains **egg**), carrot, modified potato starch, onion powder, yeast extract, emulsifier: E 451, salt, maltodextrin.

FR Ingrédients: Pâtes 36 % (farine de **blé** dur, sel), tomate, graisse de palme, poulet 8,1 %, sucre, arôme (contient de l'**œuf**), carottes, amidon modifié de pomme de terre, poudre d'oignon, extrait de levure, émulsifiant: E 451, sel, maltodextrine.

Claims: Lactose free

Category: Dry meal

Preparation:

- 1 Tear off the top and fold out the bottom
 - 2 Add 350 ml of boiling water (level G)
 - 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: 151 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)	1763 kJ	2663 kJ
Energy (kcal)	421 kcal	636 kcal
Fat	16 g	24 g
of which saturated fat	9,1 g	14 g
Carbohydrate	52 g	78 g
of which sugars	17 g	25 g
Fiber	5,8 g	8,8 g
Protein	16 g	23 g
Salt	2,7 g	4,1 g



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