



Fruit Porridge with Rye Flakes

SE/DK/NO Ingredienser: Flingor/flager (**råg/rug** 19%, **vete/hvede**), frukt 24% (äpple/æble, russin/rosin, aprikos, persika/fersken), socker/sukker, palmfett, modifierad potatisstärkelse/kartoffelstivelse/potetstivelse, potatisstärkelse/kartoffelstivelse/potetstivelse, antioxidationsmedel: askorbinsyra, konserveringsmedel: **svaveldioxid/svovldioxid**.

EN Ingredients: Flakes (**rye** 19 %, **wheat**), fruit 24 % (apple, raisins, apricot, peach), sugar, palm fat, modified potato starch, potato starch, antioxidant: ascorbic acid, preservative: **sulphur dioxide**.

FR Ingrédients: Flocons (**seigle** 19%, **blé**), fruits 24% (pomme, raisins secs, abricot, pêche), sucre, graisse de palme, amidon modifié de pomme de terre, amidon de pomme de terre, antioxydant: acide ascorbique, conservateur: **dioxyde de soufre**.

Claims: Lactose free and Vegan

Category: Dry meal

Preparation:

- 1 Tear off the top and fold out the bottom
- 2 Add 300 ml of boiling water (level G)
- 3 Stir
- 4 Re-seal, wait 5 mins
Add more water if required.
Can be prepared using cold water, extend the time to > 15 mins

Content: 142 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)	1769 kJ	2511 kJ
Energy (kcal)	422 kcal	600 kcal
Fat	13 g	19 g
of which saturated fat	6 g	8,8 g
Carbohydrate	68 g	97 g
of which sugars	31 g	45 g
Fiber	5,6 g	8 g
Protein	4,6 g	6,5 g
Salt	<0,01 g	<0,01 g



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