



Pasta Bolognese

SE/DK/NO Ingredienser: Pasta 45% (**durumvetemjöl/durumhvedemel**, salt), tomat, palmfett, nötkött/oksekød/storfe kjøtt 8,2%, modifierad potatisstärkelse/kartoffelstivelse/potetstivelse, köttextrakt/kødekstrakt, maltodextrin, lök/løg, salt, socker/sukker, vitlök/hvidløg, arom/aroma, persilja/persille, kryddor/krydderier.

EN Ingredients: Pasta 45 % (durum **wheat** flour, salt), tomato, palm fat, beef 8.2 %, modified potato starch, meat extract, maltodextrin, onion, salt, sugar, garlic, flavouring, parsley, spices.

FR Ingrédients: Pâtes 45% (farine de **blé** dur, sel), tomate, graisse de palme, bœuf 8,2%, amidon modifié de pomme de terre, extrait de viande, maltodextrine, oignon, sel, sucre, ail, arôme, persil, épices.

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: 147 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)	1790 kJ	2631 kJ
Energy (kcal)	428 kcal	628 kcal
Fat	16 g	23 g
of which saturated fat	9 g	13 g
Carbohydrate	54 g	80 g
of which sugars	9,8 g	14 g
Fiber	3,7 g	5,4 g
Protein	16 g	23 g
Salt	2,8 g	4,2 g



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