



Goulash

SE/DK/NO Ingredienser: Potatis/kartoffler/poteter 33%, grönsaker (röd paprika/rød peberfrugt, tomat, lök/løg), palmfett, köttextrakt/kødekstrakt, nötkött/oksekød/storfekjøtt 5,2%, maltodextrin, salt, modifierad potatisstärkelse/kartoffelstivelse/potetstivelse, vitlök/hvidløg, socker/sukker, arom/aroma, spiskummin/spidskommen, cayennepeppar.

EN Ingredients: Potato 33 %, vegetables (red pepper, tomato, onion), palm fat, meat extract, beef 5.2 %, maltodextrin, salt, modified potato starch, garlic, sugar, flavouring, cumin, cayenne pepper.

FR Ingrédients: Pomme de terre 33 %, légumes (poivron rouge, tomate, oignon), graisse de palme, extrait de viande, bœuf 5,2 %, maltodextrine, sel, amidon modifié de pomme de terre, ail, sucre, arôme, cumin, poivre de Cayenne.

Claims: Lactose free

Category: Dry meal

Preparation:

1 Tear off the top and fold out the bottom

2 Add 450 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: 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)	1868 kJ	2652 kJ
Energy (kcal)	446 kcal	633 kcal
Fat	21 g	29 g
of which saturated fat	12 g	17 g
Carbohydrate	46 g	65 g
of which sugars	12 g	17 g
Fiber	10 g	14 g
Protein	14 g	20 g
Salt	3,5 g	5,0 g



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