



## Wilderness Stew with Rice

**SE/DK/NO Ingredienser:** Ris 40%, vegetabiliskt fett (palmfett, rapsolja/rapsolie), potatis/kartoffler/poteter, glukossirap, nötkött/oksekød/storfekjøtt 7,0%, gröna bönor/bønner, modifierad potatisstärkelse/kartoffelstivelse/potetstivelse, **gräddpulver/flødepulver**, svamp/sopp (champinjon/sjampinjong, Karljohan/spiselig rørhat/steinsopp), salt, maltodextrin, jästextrakt/gærestrakt, lök/løg, renkött/rensdyrkød/reinkjøtt 0,7%, arom, köttextrakt/kødekstrakt, persilja/persille, kryddor/krydderier, rosmarinextrakt.

**EN Ingredients:** Rice 40 %, vegetable fat (palm fat, rapeseed oil), potato, glucose syrup, beef 7.0 %, green beans, modified potato starch, **cream** powder, mushrooms (champignon, Karl Johan), salt, maltodextrin, yeast extract, onion, reindeer meat 0.7 %, flavouring, meat extract, parsley, spices, rosemary extract.

**FR Ingrédients:** Riz 40%, graisse végétale (graisse de palme, huile de colza), pomme de terre, sirop de glucose, bœuf 7,0%, haricots verts, amidon modifié de pomme de terre, **crème** en poudre, champignons (champignon de Paris, cèpe), sel, maltodextrine, extrait de levure, oignon, viande de renne 0,7%, arôme, extrait de viande, persil, épices, extrait de romarin.

**Claims:** Gluten 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:** 144 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:**

<b>Nutritional declaration</b>	<b>Per 100g (dry product)</b>	<b>Per Pouch (prepared)</b>
Energy (kJ)	1891 kJ	2723 kJ
Energy (kcal)	452 kcal	650 kcal
Fat	18 g	26 g
of which saturated fat	9,4 g	14 g
Carbohydrate	58 g	83 g
of which sugars	1,7 g	2,4 g
Fiber	3,2 g	4,6 g
Protein	12 g	18 g
Salt	3,9 g	5,7 g



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