



Apple Cinnamon Porridge

SE/DK/NO Ingredienser: Rågflingor/rugflager 57 %, palmfett, äpple/æble 13 %, gräddpulver/flødepulver, socker/sukker, maltodextrin, salt, kanel.

EN Ingredients: Rye flakes 57 %, palm fat, apple 13 %, cream powder, sugar, maltodextrin, salt, cinnamon.

FR Ingrédients: Flocons de seigle 57%, graisse de palme, pomme 13%, crème en poudre, sucre, maltodextrine, sel, cannelle.

Claims: Vegetarian

Category: Dry meal

Preparation:

1 Tear off the top and fold out the bottom

2 Add 330 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: 131 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)	1963 kJ	2572 kJ
Energy (kcal)	469 kcal	614 kcal
Fat	24 g	31 g
of which saturated fat	13 g	17 g
Carbohydrate	53 g	69 g
of which sugars	12 g	16 g
Fiber	8,7 g	11 g
Protein	6,2 g	8,1 g
Salt	0,82 g	1,1 g



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