



Mexican casserole with lentils and potatoes

SE/DK/NO Ingredienser: Grönsaker 29% (potatis/kartoffler/poteter 13%, morot/gulerod, majs, lök/løg, röd paprika/röd peberfrugt), linser 24%, vatten/vand, tomatpuré, rapsolja/rapsolie, texturerat **veteprotein/hvedeprotein (vetegluten/hvetegluten)**, kalciumsulfat), arom/aroma (innehåller **selleri**), salt, modifierad majsstärkelse/majsstivelse, förtjockningsmedel/förtjockningsmidler/tykningsmiddel: guarkärnmjöl/guargummi, dextros/druesukker, curry/karry (innehåller **senap/sennep**), jästextrakt/gærekstrakt, vitlök/hvidløg, koriander, färgämne/farve/fargestoff: paprikaextrakt. Kan innehålla spår/spor av mjölk/mælk/melk, ägg/æg och soja.

EN Ingredients: Vegetables 29% (potatoes 13%, carrots, corn, onions, red pepper), lentils 24%, water, tomato puree, rapeseed oil, textured **wheat** proteins (**wheat** gluten, calcium sulfate), flavourings (contains **celery**), salt, modified maize starch, thickener: guar gum, dextrose, curry (contains **mustard**), yeast extract, garlic, coriander, colour: paprika extract. May contain traces of milk, egg and soy.

FR Ingrédients: Légumes 29% (pommes de terre 13%, carottes, maïs, oignon, poivron rouge), lentilles 24%, eau, concentré de tomate, huile de colza, protéines texturées de **blé** (gluten de **blé**, sulfate de calcium), arômes (contient du **céleri**), sel, amidon modifié de maïs, épaississant: gomme de guar, dextrose, curry (contient de la **moutarde**), extrait de levure, ail, coriandre, colorant: extrait de paprika. Peut contenir des traces de lait, d'œuf et de soja.

Claims : Lactose free and Vegan

Category: Wet meal

Content: 430 g

Shelf life: 42 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	Per Pouch (430g)
Energy (kJ)	537 kJ	2309 kJ
Energy (kcal)	128 kcal	550 kcal
Fat	5,4 g	23 g
of which saturated fat	0,4 g	1,7 g
Carbohydrate	12 g	52 g
of which sugars	2,2 g	9,5 g
Fiber	2,5 g	11 g
Protein	6,6 g	28 g
Salt	1 g	4,3 g



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