



Rice pudding with cinnamon and cardamom

SE/DK/NO Ingredienser: vatten/vand, långkornigt/langkornet ris 10 %, laktosfri **grädde/laktosefri fløde**, socker/sukker, rapsolja/rapsolie, jodsalt/salt tilsat jod, stabiliseringsmedel/stabilisator: E472e, modifierad majsstärkelse/modificeret majsstivelse, förtjockningsmedel: guarkärnmjöl/guargummi, xanthangummi och fruktkärnmjöl/xanthangummi og johannesbrødkernemel, arom/smagsstof, kanel, kardemumma/kardemomme. Kan innehålla spår av vete/hvede, selleri, soja, ägg/æg/egg och senap/sennep.

EN Ingredients: water, long-grain rice 10%, lactose-free **cream**, sugar, rapeseed oil, iodized salt, stabilizer: E472e, modified maize starch, thickeners: guar gum, xanthan gum and locust bean gum, flavoring, cinnamon, cardamom. May contain traces of wheat, celery, soy, egg and mustard.

FR Ingrédients : eau, riz long grain 10 %, **crème** sans lactose, sucre, huile de colza, sel iodé, stabilisant (E472e), amidon modifié de maïs, épaississants (gomme de guar, gomme de xanthane, gomme de caroube), arômes, cannelle, cardamome. Peut contenir des traces de blé, de céleri, de soja, d'œuf et de moutarde.

Claims : Lactose free, Gluten free and Vegetarian

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)	488 kJ	2098 kJ
Energy (kcal)	117 kcal	501 kcal
Fat	5.9 g	25 g
of which saturated fat	1.7 g	7.3 g
Carbohydrate	15 g	63 g
of which sugars	6.1 g	26 g
Fiber	0.3 g	1.3 g
Protein	1.0 g	4.2 g
Salt	0.31 g	1.3 g



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