



Wheat porridge with vanilla taste

SE/DK/NO Ingredienser: vatten/vand, veteflingor/hvedeflager/hveteflak 12 %, laktosfri **grädde**/laktosefri **fløde**, socker/sukker, rapsolja/rapsolie, jodsalt/salt tilsat jod, stabiliseringsmedel/stabilisator: E472e, modifierad majsstärkelse/modificeret majsstivelse, arom/smagsstof, förtjockningsmedel/förtjockningsmidler: guarkärnmjöl och xanthangummi/guar- og xanthangummi. Kan innehålla spår av selleri, soja, ägg/æg/egg och senap/sennep.

EN Ingredients: water, **wheat** flakes 12%, lactose-free **cream**, sugar, rapeseed oil, iodized salt, stabilizer: E472e, modified maize starch, flavoring, thickeners: guar and xanthan gum. May contain traces of celery, soy, egg and mustard.

FR Ingrédients : eau, flocons de **blé** 12 %, **crème** sans lactose, sucre, huile de colza, sel iodé, arômes, stabilisant (E472e), amidon modifié de maïs, arômes, épaississants (gomme de guar et gomme de xanthane). Peut contenir des traces de céleri, de soja, d'œuf et de moutarde.

Claims: Lactose 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)	436 kJ	1872 kJ
Energy (kcal)	104 kcal	447 kcal
Fat	4.9 g	21 g
of which saturated fat	1.7 g	7.3 g
Carbohydrate	13 g	55 g
of which sugars	4.9 g	21 g
Fiber	1.0 g	4.3 g
Protein	1.6 g	6.8 g
Salt	0.36 g	1.5 g



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