



Stroganoff with rice and mushroom

SE/DK/NO Ingredienser: kokat/kogt långkornigt/langkornet ris 31 %, vatten/vand, vegetarisk köttsubstitut/køderstatning 10 % (vatten/vand, **sojaprotein**, **äggvita/æggehvide**, solrosolja/solsikkeolie, naturlig arom/aroma, salt, torkad lök/tørret løg, dextros, risfiber, torkad vitlök/tørret hvidløg), svampar/svampe/sopp 8,1 %, lök/løg, majs, **senap/sennep** (vatten/vand, **senapsfrö**, spritvinäger/vineddike, salt, kryddor/krydderier), tomapuré, laktosfri **grädde/fløde**, rapsolja/rapsolie, socker/sukker, salt, jästextrakt/gærekstrakt/gjærekstrakt, persilja/persille, röd paprika/rød peberfrugt, arom/aroma (innehåller/indholder **selleri**), modifierad stärkelse/modificeret stivelse, emulgeringsmedel: E472e, förtjockningsmedel/fortykkelsesmiddel: guarkärnmjöl/guargum och xantan gum/xantangummi. Kan innehålla/indeholde spår/spor av vete/hvede (gluten).

EN Ingredients: cooked long grain rice 31 %, water, vegetarian meat substitute 10 % (water, **soy** protein, **egg** white powder, sunflower oil, natural flavorings, salt, dehydrated onion, dextrose, rice fiber, dehydrated garlic), mushroom 8,1 %, onion, corn, **mustard** (water **mustard** seeds, spirit vinegar, salt, spices), tomato paste, lactose-free **cream**, rapeseed oil, sugar, salt, yeast extract, parsley, red bell pepper, flavorings (contains **celery**), modified starch, emulsifier: E472e, thickeners: guar and xanthan gum

FR Ingrédients: riz cuit 31 %, eau, spécialité végétale cuite 10 % (eau, protéines de **soja**, blanc **dœuf** en poudre, huile de tournesol, arômes naturels, sel, oignon déshydraté, dextrose, fibre de riz, ail déshydraté), champignon 8,1 %, oignon, maïs, **moutarde** (eau, graines de **moutarde**, vinaigre, sel, épices), purée de tomates, **crème** sans lactose, huile de colza, sucre, sel, extrait de levure, persil, paprika, arômes (contient du **céleri**), amidon modifié, émulsifiant: E472e, épaississants: gomme guar et xanthane. Peut contenir des traces de blé (gluten).

Claims: Lactose free, Gluten free and Vegetarian.

Category: Wet meal

Content: 450 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 (450g)
Energy (kJ)	470 kJ	2117 kJ
Energy (kcal)	112 kcal	505 kcal
Fat	4,4 g	20 g
of which saturated fat	1,3 g	5,8 g
Carbohydrate	13 g	60 g
of which sugars	3,0 g	14 g
Fiber	1,6 g	7,2 g
Protein	4,2 g	19 g
Salt	1,0 g	4,7 g



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