



Indian Chicken Stew

SE/DK/NO Ingredienser: Ris, kyckling/kylling 13 %, grönsaker (tomat, gröna bönor/bønner, röd paprika/röd peberfrugt, lök/løg), palmfett, modifierad potatisstärkelse/kartoffelstivelse/potetstivelse, socker/sukker, äpple/æble, kryddor/krydderier (curry/karry, spiskummin/spidskommen, vitlök/hvidløg), salt, arom/aroma, maltodextrin, ananas, ingefära/ingefær, syra: citronsyra.

EN Ingredients: Rice, chicken 13 %, vegetables (tomato, green beans, red pepper, onion), palm fat, modified potato starch, sugar, apple, spices (curry, cumin, garlic), salt, flavouring, maltodextrin, pineapple, ginger, acid: citric acid.

FR Ingrédients: Riz, poulet 13%, légumes (tomate, haricots verts, poivron rouge, oignon), graisse de palme, amidon modifié de pomme de terre, sucre, pomme, épices (curry, cumin, ail), sel, arôme, maltodextrine, ananas, gingembre, acidifiant: acide citrique.

Claims: Lactose free, Gluten free

Category: Dry meal

Preparation:

- 1 Tear off the top and fold out the bottom
 - 2 Add 400 ml of boiling water (level G)
 - 3 Stir
 - 4 Re-seal, wait 10 mins
- Add more water if required.
Can be prepared using cold water, extend the time to > 30 mins

Content: 146 g

Shelf life: 60 months at an ambient temperature in a temperate climate or according to NATO Standard AMedP-1.11; Chapter 2.4. – Shelf Life.

Storage: Dry at room temperature.

Nutritional values:

Nutritional declaration	Per 100g (dry product)	Per Pouch (prepared)
Energy (kJ)	1851 kJ	2702 kJ
Energy (kcal)	442 kcal	645 kcal
Fat	15 g	22 g
of which saturated fat	9,1 g	13 g
Carbohydrate	58 g	85 g
of which sugars	16 g	23 g
Fiber	3,7 g	5,4 g
Protein	17 g	25 g
Salt	2.7 g	3,9 g



Marketed by Europe Foods Sverige AB, www.outdoormeal.com
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