



## Skinnarmo´s Pasta Carbonara

**SE/DK/NO Ingredienser:** Pasta 41 % (durumvetemjöl/durumhvedemel, salt), arom/aroma (inneholder **mjök/mælk/melk**), **ostpulver**, modifierad potatisstärkelse/kartoffelstivelse/potetstivelse, nötkött/oksekød/storfekjøtt 9,3 %, **gräddpulver/flødepulver**, palmfett, socker/sukker, maltodextrin, vasslepulver/vallepulver/mysepulver (från **mjök/mælk/melk**), persilja/persille, gurkmeja, rismjöl/rismel, rökarom/røgaroma/røykaroma.

**EN Ingredients:** Pasta 41 % (durum **wheat** flour, salt), flavouring (contains **milk**), **cheese** powder, modified potato starch, beef 9.3 %, **cream** powder, palm fat, sugar, maltodextrin, whey powder (from **milk**),parsley, turmeric, rice flour, smoke flavouring.

**FR Ingrédients:** Pâtes 41% (farine de **blé** dur, sel), arômes (contient du **lait**), **fromage** en poudre, amidon modifié de pomme de terre, bœuf 9,3%, **crème** en poudre, graisse de palme, sucre, maltodextrine, poudre de lactosérum (provenant du **lait**), persil, curcuma, farine de riz, arôme de fumée.

**Claims:** None

**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:** 143 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:**

<b>Nutritional declaration</b>	<b>Per 100g (dry product)</b>	<b>Per Pouch (prepared)</b>
Energy (kJ)	1807 kJ	2583 kJ
Energy (kcal)	431 kcal	617 kcal
Fat	17 g	24 g
of which saturated fat	10 g	14 g
Carbohydrate	51 g	73 g
of which sugars	6,7 g	9,6 g
Fiber	1,2 g	1,7 g
Protein	19 g	27 g
Salt	5,5 g	7,9 g



Marketed by Europe Foods Sverige AB, [www.outdoormeal.com](http://www.outdoormeal.com)  
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