



Rice with asparagus and chicken

SE/DK/NO Ingredienser: Ris 51%, palmfett, kyckling/kylling 8,9%, grön sparris/asparages 6,1%, **gräddpulver/flødepulver**, äpple/æble, modifierad potatisstärkelse/kartoffelstivelse/potetstivelse, salt, lök/løg, arom/aroma, persilja/persille, cayennepeppar.

EN Ingredients: Rice 51 %, palm fat, chicken 8.9 %, green asparagus 6.1 %, **cream powder**, apple, modified potato starch, salt, onion, flavouring, parsley, cayenne pepper.

FR Ingrédients: Riz 51%, graisse de palme, poulet 8,9%, asperge verte 6,1%, **crème** en poudre, pomme, amidon modifié de pomme de terre, sel, oignon, arôme, persil, poivre de Cayenne.

Claims: Gluten free

Category: Dry meal

Preparation:

1 Tear off the top and fold out the bottom

2 Add 400 ml of boiling water (level H)

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:

Nutritional declaration	Per 100g (dry product)	Per Pouch (prepared)
Energy (kJ)	1872 kJ	2677 kJ
Energy (kcal)	447 kcal	639 kcal
Fat	16 g	23 g
of which saturated fat	8 g	11 g
Carbohydrate	60 g	86 g
of which sugars	7,1 g	10 g
Fiber	2,5 g	3,6 g
Protein	15 g	21 g
Salt	2,9 g	4,1 g



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