



## Pasta Bolognese

**SE/DK/NO Ingredienser:** Pasta 45% (**durumvetemjöl/durumhvedemel**, salt), tomat, palmfett, nötkött/oksekød/storfe kjøtt 8,2%, modifierad potatisstärkelse/kartoffelstivelse/potetstivelse, köttextrakt/kødekstrakt, maltodextrin, lök/løg, salt, socker/sukker, vitlök/hvidløg, arom/aroma, persilja/persille, kryddor/krydderier.

**EN Ingredients:** Pasta 45 % (durum **wheat** flour, salt), tomato, palm fat, beef 8.2 %, modified potato starch, meat extract, maltodextrin, onion, salt, sugar, garlic, flavouring, parsley, spices.

**FR Ingrédients:** Pâtes 45% (farine de **blé** dur, sel), tomate, graisse de palme, bœuf 8,2%, amidon modifié de pomme de terre, extrait de viande, maltodextrine, oignon, sel, sucre, ail, arôme, persil, épices.

**Claims:** Lactose 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:** 147 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)	1790 kJ	2631 kJ
Energy (kcal)	428 kcal	628 kcal
Fat	16 g	23 g
of which saturated fat	9 g	13 g
Carbohydrate	54 g	80 g
of which sugars	9,8 g	14 g
Fiber	3,7 g	5,4 g
Protein	16 g	23 g
Salt	2,8 g	4,2 g



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