



Buckwheat porridge with coconut and pumpkin seeds

SE/DK/NO Ingredienser: Vatten/vann, kokt boveteskrov/ Kogt boghvedeskrog 37%, socker/sukker, laktosfri **grädde/fløde**, rapsolja/rapsolie, kokosflingor/ kokosflager 1, 1 %, pumpafrön/ græskarfrø 1,0%, chiafrön, salt, smak/smagämnen, förtjockningsmedel: guargummi och xantangummi, modifierad stärkelse, dextros, emulgeringsmedel: E472e. Kan innehålla/indeholde spår/spor av vete/hvede (gluten), selleri, soja, ägg/ æg och senap.

EN Ingredients: Water, cooked buckwheat hulled 37%, sugar, lactose-free **cream**, rapeseed oil, coconut flakes 1.1%, pumpkin seeds 1.0%, chia seed, salt, flavoring, thickeners: guar gum and xanthan gum, modified starch, dextrose, emulsifier: E472e. May contain traces of wheat (gluten), celery, soy, egg and mustard.

FR Ingrédients: eau, flocons de sarrasin cuit 37%, sucre, **crème** sans lactose, huile de colza, flocons de noix de coco 1,1 %, graines de citrouille 1,0%, graines de chia, sel, arôme, épaississants: gomme de guar et gomme de xanthane, amidon modifié, dextrose, émulsifiant: E472e. Peut contenir des traces de blé (gluten), céleri, soja, œuf et moutarde.

Claims: Lactose free, Gluten free, Vegetarian

Category: Wet meal

Content: 430 g

Shelf life: 42 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	Per Pouch (430g)
Energy (kJ)	497 kJ	2136 kJ
Energy (kcal)	119 kcal	511 kcal
Fat	6,6 g	28 g
of which saturated fat	2,1 g	9,1 g
Carbohydrate	13 g	56 g
of which sugars	6,0 g	26 g
Fiber	1,0 g	4,3 g
Protein	1,5 g	6,3 g
Salt	0,36 g	1,5 g



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