



## Chicken and Seafood Paella

**SE/DK/NO Ingredienser:** Kokt fullkornsrís/ kógt fuldkornsrís 38%, vatten/vann, kókt kycklingkótt/ kógt kylling 7,4% (kycklingkótt/kyllingkød, salt), tomatpure, lök/løg, ród paprika/ród peber, rapsolja/rapsolie, **rókt lax/ Róget laks** 3,7% (**lax\***, salt, rök), majs, maltodextrin, ärtor, gröna bönor/grønne bønner, proteinpulver (ärt/ærte protein, risprotein, naturligt smak/smagämnen), salt, förtjockningsmedel: guar gummi, smakämnen (innehåller/indeholder **fisk**), citronsaft koncentrat, dextros, vitlök/hvidløg, socker/sukker, Paprika/peber, färgämne: gurkmejaextrakt. Kan innehålla spår av kräftdjur/krebsdyr, vete/hvede (gluten), mjólk/mælk, selleri, soja, ägg/ æg och senap. \* Salmo salar, från vattenbruk i Chile

**EN Ingredients:** Cooked whole grain rice 38%, water, cooked chicken meat 7.4% (chicken meat, salt), tomato puree, onion, red bell pepper, rapeseed oil, smoked **salmon** 3.7% (**salmon**, salt, smoke), corn, maltodextrin, peas, green beans, protein powder (pea protein, rice protein, natural flavoring), salt, thickener: guar gum, flavoring (contains **fish**), lemon juice concentrate, dextrose, garlic, sugar, paprika, coloring: turmeric extract.

May contain traces of crustaceans, wheat (gluten), milk, celery, soy, egg and mustard.

**FR Ingrédients:** Riz complet cuit 38%, eau, viande de poulet cuite 7,4% (viande de poulet, sel), purée de tomate, oignon, poivron rouge, huile de colza, **saumon** fumé 3,7% (**saumon\***, sel, fumée), maïs, maltodextrine, pois, haricots verts, protéine en poudre (protéine de pois, protéine de riz, arôme naturel), sel, épaississant: gomme de guar, arôme (contient **poisson**), jus de citron concentre, dextrose, ail, sucre, paprika, colorant: extrait de curcuma. Peut contenir des traces de crustacés, blé (gluten), lait, céleri, soja, œuf et moutarde. \* Salmo salar, issu de aquaculture au Chili

**Claims:** Lactose free, Gluten free

**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)	540 kJ	2322 kJ
Energy (kcal)	129 kcal	555 kcal
Fat	5,7 g	25 g
of which saturated fat	0,7 g	3,2 g
Carbohydrate	14 g	58 g
of which sugars	1,3 g	5,6 g
Fiber	1,8 g	7,8 g
Protein	4,8 g	21 g
Salt	0,99 g	4,3 g



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