



## Apple Cinnamon Porridge

**EN Ingredients:** Rye flakes 58 %, apple 11 %, palm fat, **milk** proteins, **cream** powder, sugar, maltodextrin, salt, cinnamon.

**Category:** Dry meal

### Preparation:

1 Tear off the top and fold out the bottom

2 Add 330 ml of boiling water (level G)

3 Stir

4 Re-seal, wait 5 mins

Add more water if required.

Can be prepared using cold water, extend the time to > 15 mins

**Content:** 148 g

**Shelf life:** 36 months at an ambient temperature in a temperate climate or according to NATO Standard AMedP-1.11; Chapter 3 – Shelf Life.

**Storage:** Dry at room temperature.

### Nutritional values:

Nutritional declaration	Per 100g (dry product)	Per Pouch (prepared)
Energy (kJ)	1792 kJ	2651 kJ
Energy (kcal)	427 kcal	633 kcal
Fat	17 g	25 g
of which saturated fat	8,9 g	13 g
Carbohydrate	51 g	76 g
of which sugars	11 g	16 g
Fiber	8,8 g	13 g
Protein	14 g	20 g
Salt	0,7 g	1,1 g



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