



Fruit Porridge with Rye Flakes

EN Ingredients: Flakes (**rye 19 %**, **wheat**), fruit 24 % (apple, raisins, apricot, peach), sugar, palm fat, modified potato starch, potato starch, antioxidant: ascorbic acid, preservative: **sulphur dioxide**.

Category: Dry meal

Preparation:

1 Tear off the top and fold out the bottom

2 Add 300 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: 142 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)	1769 kJ	2511 kJ
Energy (kcal)	422 kcal	600 kcal
Fat	13 g	19 g
of which saturated fat	6 g	8,8 g
Carbohydrate	68 g	97 g
of which sugars	31 g	45 g
Fiber	5,6 g	8 g
Protein	4,6 g	6,5 g
Salt	<0,01 g	<0,01 g



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