



## Mexican casserole with lentils and potatoes

**EN Ingredients:** Vegetables 29% (potatoes 13%, carrots, corn, onions, red pepper), lentils 24%, water, tomato puree, rapeseed oil, textured **wheat** proteins (**wheat** gluten, calcium sulfate, preservative: sodium **metabisulphite**, flavorings (contains **celery**), iodized salt, modified maize starch, thickener: guar gum, dextrose, curry (contains **mustard**), yeast extract, garlic, coriander, color: paprika extract. May contain traces of milk, egg and soy.

**Category:** Wet meal

**Content:** 430 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	Per Pouch (430g)
Energy (kJ)	537 kJ	2309 kJ
Energy (kcal)	128 kcal	550 kcal
Fat	5,4 g	23 g
of which saturated fat	0,4 g	1,7 g
Carbohydrate	12 g	50 g
of which sugars	2,2 g	9,5 g
Fiber	2,5 g	11 g
Protein	6,6 g	28 g
Salt	1 g	4,5 g



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