



Wilderness Stew with Rice

EN Ingredients: Rice [40 %], vegetable fat (palm fat, rapeseed oil), potato, glucose syrup, beef 7.0 %, green beans, modified potato starch, **cream** powder, mushrooms (champignon, Karl Johan), salt, maltodextrin, yeast extract, onion, reindeer meat 0.7 %, flavouring, meat extract, parsley, spices, rosemary extract.

Category: Dry meal

Preparation:

1 Tear off the top and fold out the bottom

2 Add 350 ml of boiling water (level G)

3 Stir

4 Re-seal, wait 10 mins

Add more water if required.

Can be prepared using cold water, extend the time to > 30 mins

Content: 144 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)	1891 kJ	2723 kJ
Energy (kcal)	452 kcal	650 kcal
Fat	18 g	26 g
of which saturated fat	9,4 g	14 g
Carbohydrate	58 g	83 g
of which sugars	1,7 g	2,4 g
Fiber	3,2 g	4,6 g
Protein	12 g	18 g
Salt	3,9 g	5,7 g



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