



Outdoor Meal

Taco Stew

art no 7241 (SE/NO/DK/EN/FI)

art no 7641 (EN/DE/FR/ES)

Ingredients:

Potato, tomato, red pepper, spices, palm fat, beef [6.3 %], **crème fraiche**, onion, sweetcorn, modified potato starch, salt, **skimmed milk powder**, **milk protein**.

Preparation:

1 Tear off the top and fold out the bottom

2 Add 400 ml of boiling water (level H)

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

Nutritional declaration	Serving portion (approx 540 g)	Temperature	Shelf life
		22	3 years
		37	4 months*
		50	1 month*
Energy (kJ)	2700 kJ		
Energy (kcal)	650 kcal		
Fat	21 g		
of which saturated fat	6,8 g		
Carbohydrate	88 g		
of which sugars	13 g		
Fiber	13 g		
Protein	20 g		
Salt	4,3 g		

* The product is safe to eat within 3 years. The specified shelf life is for product with maintained taste quality.



The composition of the product can change. Therefore, read always the ingredient list on the product.

Marketed by Continental Foods Sweden AB,
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