



Outdoor Meal

## Gulasch

art no 7652 (SE/NO/DK/EN/FI)

art no 7653 (EN/DE/FR/ES)

### Ingredients:

Potato [33 %], vegetables (red pepper, tomato, onion), palm oil, meat extract, beef [5.2 %], maltodextrin, salt, modified potato starch, garlic, sugar, flavouring, cumin, cayenne pepper.

### Preparation:

1 Tear off the top and fold out the bottom

2 Add 450 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

Nutritional declaration	Serving portion (approx 595 g)	Temperature	Shelf life
		22	3 years
		37	4 months*
Energy (kJ)	2700 kJ	50	1 month*
Energy (kcal)	650 kcal		
Fat	29 g		
of which saturated fat	14 g		
Carbohydrate	69 g		
of which sugars	16 g		
Fiber	15 g		
Protein	20 g		
Salt	5,4 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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