



Outdoor Meal

Wilderness Stew with Rice

art no 7653 (SE/NO/DK/EN/FI)

art no 7656 (EN/DE/FR/ES)

Ingredients:

Rice [40 %], vegetable fat (palm oil, 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.

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

Nutritional declaration	Serving portion (approx 500 g)	Temperature	Shelf life
		22	3 years
		37	4 months*
Energy (kJ)	2700 kJ	50	1 month*
Energy (kcal)	650 kcal	* The product is safe to eat within 3 years. The specified shelf life is for product with maintained taste quality.	
Fat	26 g		
of which saturated fat	13 g		
Carbohydrate	84 g		
of which sugars	3,5 g		
Fiber	4 g		
Protein	17 g		
Salt	3,6 g		



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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