

Responsible Company: Continental Foods Sweden AB Name, Address Scheelevägen 30, 22363 Lund, Sweden	
Name and Type of Meal: Indian chicken stew Netto weight (in g): 146g Productnumber: 7227	

INFORMATION	
OFFICIAL NAME	Blå Band Outdoor Meal Indian chicken stew
PRODUCT DESCRIPTION	dry pouch meal
COUNTRY OF ORIGIN	Belgium
HOW TO USE	Tear off the top and fold out the bottom. Add 4 dl of boiling water (level G). Stir. Re-seal, wait 10 mins. Can be prepared using cold water, extend the time to 30 mins.
STORAGE NOTICE	Dry at room temperature.

INGREDIENTS
Rice, chicken 13%, vegetables (tomato, green beans, red pepper, onion), palm fat, modified potato starch, sugar, apple, spices (curry, cumin, garlic), salt, flavoring, maltodextrin, pineapple, ginger, acid: citric acid.

NUTRITION-TABLE		
TYPICAL DATA	Per 100 g dry	per 550 g as packed and prepared
Energy	1851 kJ - 442 kcal	2702 kJ - 645 kcal
Lipids	15 g	22 g
of which saturated	9,1 g	13 g
Carbohydrates	58 g	85 g
of which sugar	16 g	23 g
Dietary Fiber	3,7 g	5,4 g
Protein	17 g	25 g
Salt	2,7 g	3,9 g

ALLERGENS		
ALLERGEN INGREDIENT	contains yes / no	comment
Egg	no	
Milk	no	
Fish	no	
Shellfish	no	
Clams	no	
Grain containing Gluten	no	
Nuts	no	
Sesame seeds	no	
Celery	no	
Mustard	no	
Soy	no	
Lupine	no	
Cashews	no	
Sulfur	no	