

Responsible Company: Continental Foods Sweden AB Name, Address Scheelevägen 30, 22363 Lund, Sweden
Name and Type of Meal: Thai chicken with rice and vegetables Netto weight (in g): 139g Productnumber: 7233

INFORMATION	
OFFICIAL NAME	Blå Band Outdoor Meal Thai chicken with rice and vegetables
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 H). 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 37%, vegetables 26% (carrot, green beans, sweetcorn, red pepper, onion), chicken 10%, palm fat, coconut milk, cream powder, salt, modified potato starch, maltodextrin, sugar, flavoring, yeast extract, milk protein, acid: citric acid, spices, coriander extract, rice flour.

NUTRITION-TABLE		
TYPICAL DATA	Per 100 g dry	per 535 g as packed and prepared
Energy	1927 kJ - 460 kcal	2678 kJ - 640 kcal
Lipids	18 g	26 g
of which saturated	11 g	16 g
Carbohydrates	55 g	76 g
of which sugar	5,2 g	7,2 g
Dietary Fiber	6,4 g	9,0 g
Protein	16 g	22 g
Salt	3,0 g	4,2 g

ALLERGENS		
ALLERGEN INGREDIENT	contains yes / no	comment
Egg	no	
Milk	yes	milk protein, cream powder
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	