

Responsible Company:
Continental Foods Sweden AB

Name, Address
Scheelevägen 30, 22363 Lund, Sweden

Name and Type of Meal:
Oat porridge with Chocolate and Banana

Netto weight (in g): 150g
Productnumber: 7627

INFORMATION

OFFICIAL NAME	Oat porridge with Chocolate and Banana
PRODUCT DESCRIPTION	dry pouch meal
COUNTRY OF ORIGIN	Belgium
HOW TO USE	Tear off the top and fold out the bottom. Add 200ml of boiling water (level F). Stir. Re-seal, wait 5 mins. Can be prepared using cold water 150ml, extend the time to > 10 mins .
STORAGE NOTICE	Dry at room temperature.

INGREDIENTS

Gluten free oat flakes 50 %, skimmed milk powder, coconut cream powder 15 % (coconut milk, maltodextrin, sodium caseinate (from milk)), sugar, banana 5,0 %, chocolate 3,0 % (sugar, cocoa mass, cocoa butter, dextrose, emulsifier: sunflower lecithin), salt.

NUTRITION-TABLE

TYPICAL DATA	Per 100 g dry	Per Pouch (prepared)
Energy	1836 kJ - 437 kcal	2755 kJ - 655 kcal
Lipids	14 g	21 g
of which saturated fat	10 g	16 g
Carbohydrates	61 g	91 g
of which sugars	24 g	36 g
Dietary Fiber	5,5 g	8,3 g
Protein	14 g	21 g
Salt	1,0 g	1,6 g

ALLERGENS

ALLERGEN INGREDIENT	contains yes / no	comment
Egg	no	
Milk	yes	milk 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	