

<div>Responsible Company: Continental Foods Sweden AB</div> <div>Name, Address Scheelevägen 30, 22363 Lund, Sweden</div>
<div>Name and Type of Meal: Couscous with chili spiced vegetables</div> <div>Netto weight (in g): 151g Productnumber: 7246</div>

INFORMATION	
OFFICIAL NAME	Blå Band Outdoor Meal Couscous with chili spiced 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
Couscous 39% (durum wheat flour), vegetables 31% (carrot, red pepper, cabbage, leek, sweetcorn), palm fat, flavouring (contains celery), apple, yeast extract, modified potato starch, sugar, salt, glucose syrup, maize starch, spices, emulsifier: sunflower lecithin, colouring: paprika oleoresin.

NUTRITION-TABLE		
TYPICAL DATA	Per 100 g dry	per 550 g as packed and prepared
Energy	1793 kJ - 428 kcal	2708 kJ - 647 kcal
Lipids	16 g	24 g
of which saturated	7,2 g	11 g
Carbohydrates	56 g	84 g
of which sugar	10 g	16 g
Dietary Fiber	10 g	15 g
Protein	11 g	17 g
Salt	2,8 g	4,2 g

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