



## Outdoor Meal

### Wilderness Stew with Rice

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

#### Ingredients:

Rice [40 %], vegetable fat (palm fat, 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*
		50	1 month*
Energy (kJ)	2721 kJ	* The product is safe to eat within 3 years. The specified shelf life is for product with maintained taste quality.	
Energy (kcal)	650 kcal		
Fat	26 g		
of which saturated fat	14 g		
Carbohydrate	83 g		
of which sugars	2,5 g		
Fiber	4 g		
Protein	18 g		
Salt	5,7 g		



The composition of the product can change.  
Therefore, read always the ingredient list on  
the product.

**Marketed by** Continental Foods Sweden AB,  
[www.outdoormeal.com](http://www.outdoormeal.com)  
Consumer contact Phone +46 (0)20-94 00 94