



Emergency Food Gluten-/ Lactose-free

51'844 kcal

The Gluten-/ Lactose-free version of our classic!
51'844 kcal balanced ingredients that last for a month.

Weight: 19,7 kg

Dimensions: 55cm long, 41 cm wide, 23cm high

Ideal storage: constant temperature around 15 to 20 degree celsius

Shelf life SiSa products: 10 years

Shelf life NRG-5: 20 years

Allergens: Eggs

Nutritional values per 100g:

Product	Energy KJ / kcal	Fat	th. Saturated fatty acids	Carbo- hydrates	thereof sugar	Protein	Salt	Dietary Fibres
Lactose-free Milk	1520 / 360	1,0g	0,6g	50,4g	50,4g	35,8g	0,92g	0g
Chickpeas Preecooked	1412 / 336	5,9g	1,1g	44,3g	2,4g	18,6g	0,05g	15,5g
Red Lentils	1500 / 359	2,0g	0,5g	53,0g	2,0g	24,0g	0,03g	10,0g
Red Kidney Beans	1412 / 336	5,9g	1,1g	44,3g	2,4g	18,6g	0,05g	15,5g
Mashed Potatoes	1518 / 358	0,5g	0,1g	77,9g	1,7g	6,5g	0,04	n.s.
Sugar	1697 / 399	0g	0g	99,8g	99,8g	0g	0g	0g
Risotto Rice	1460 / 344	0,6g	0g	77,8g	0,1g	6,8g	0g	1,4g
Golden Millet	1481 / 350	3,9g	0,9g	68,8g	1,45g	9,8g	0,003g	3,8g
2-Min. Corn Semolina	1470 / 351	1,0g	0,2g	65,5g	1,5g	5,6g	0,0g	3,0g
Vegetable Mixture	1287 / 307	2,7g	0,6g	46,0g	33,8g	13,0g	0,422g	22,9g
Vegetable Broth	840 / 198	2,0g	<0,5g	23,0g	12,0g	22,0g	40,0g	5,7g
Whole Egg Powder	2369 / 570	41,8g	11,6g	2,4g	2,4g	41,8g	1,3g	0g
Brown Sauce	1300 / 311	2,0g	<0,5g	59,0g	6,0g	13,0g	5,1g	4,5g
NRG-5 ZERO	1930 / 465	17,1g	8,9g	53,4g	12,9g	14,5g	0,4g	7,4g

Preparation instructions and Recipe suggestions
are enclosed



Content:

2 Tins lactose-free skimmed milk powder, 550g

Ingredients: Skimmed Milk, Enzyme (Lactase)

Allergens: None

1 Tin Chickpeas Precooked, 800g

Ingredients: Chickpeas Precooked and dehydrated

Allergens: None

1 Tin Red Lentils, 1400g

Ingredients: Red Lentils

Allergens: None

1 Tin Red Kidney Beans, Precooked, 800g

Ingredients: Red Kidney Beans Precooked and dehydrated

Allergens: None

1 Tin Mashed Potatoes Powder with no milk powder, 750g

Ingredients: Potatoes 100% (dehydrated)

Allergens: None

1 Tin Sugar, 1800g

Ingredients: Swiss Sugar

Allergens: None

1 Tin Risotto Rice, 1600g

Ingredients: Risotto Rice

Allergens: None

1 Tin Golden Millet, 1400g

Ingredients: Golden Millet

Allergens: None

1 Tin 2-Min. Corn Semolina, 1200g

Ingredients: Corn Semolina

Allergens: None

1 Tin Vegetable Mixture, 400g

Ingredients: Carrots, Karotten, Leek, Parsnips, Paprika, Onions, Courgette and Parsley;
all air-dried

Allergens: None



1 Bag Brown Sauce, 150g

Ingredients: Rice Flour, Yeast Extract, Potato Starch, Tomato Powder, Sea Salt, Iodised Table Salt, Sugar, Guar Gum, Paprika, Pepper, Laurel, Rosemary, Cloves, Olive Oil, Maltodextrin, Beetroot Juice

Allergens: None

1 Bag Vegetable Broth, 260g

Ingredients: Yeast Extract, Sea Salt, 24% dried vegetable (Pumpkins, Carrots, Tomatoes, Parsnips), Sugar, dried Parsley, Olive Oil, Spices (Mace, Thyme, Pepper, Laurel, Coriander, Rosemary), Maltodextrin

Allergens: None

1 Bag Whole Egg Powder, 200g

Ingredients: Whole Egg Powder (100% Chicken Eggs)

Allergens: Eggs

3 Rations NRG-5 ZERO, 500g

Ingredients: Baked Rice, Palm Fat, Sugar, Rice Protein, Natural Flavor

Allergens: None