

Vegetable Package 3

- Content:** 4 x 300g Potatoes Freeze Dried (in 2-liter tin)
 4 x 100g Leek Freeze Dried (in 2-liter tin)
 4 x 90g Mushrooms (Champignons) Freeze Dried (in 2-liter tin)
- Freshness Ratio:** 1 : 4,5 Potatoes Freeze-Dried
 1 : 10 Leek Freeze-Dried
 1 : 9 Mushrooms (Champignons) Freeze Dried (in 2-liter tin)
- Texture:** Cubes 6 x 6mm (Potatoes, red Freeze Dried)
 Snippets 5mm (Leek Freeze Dried)
 Slices (Mushrooms-Champignons Freeze Dried)
- Storage:** If possible, cool and dry, without direct sunlight.
 A constant temperature of below 20° Celsius would be optimal.
- Once opened:** Close again with the enclosed plastic lid.
 Do not eat directly from the container (contamination), then the content of the opened tin will not go bad for several weeks.
 Avoid huge temperature range to prevent development of humidity in- and outside the tin.
- Shelf Life:** 10 years. Vacuumed and sealed under protective atmosphere (INDOSA pro-VAC)

Nutritional values per 100g:

Product	Energy KJ / kcal	Fat	th. Saturated fatty acids	Carbo- hydrates	thereof sugar	Protein	Salt	Dietary Fibres
Potatoes	1494 / 352	0,06g	0,01g	73,64g	3,31g	9,3g	0,04g	5,84g
Leek	1304 / 310	3,07g	0,83g	34,56g	32,44g	22,69g	0,11g	23,32g
Mushrooms	1262 / 300	2,99g	0,47g	6,7g	6,7g	49,16g	0,24g	22,72g

- Ingredients:** 1/3 of Potatoes, Leek and Mushrooms (Champignons)
- Preparation/Consumption:** Soak in cold water, pour off and add directly into boiling water/broth or sprinkle straight into a meal and cook to your liking.