



Carbohydrate Package

46'726 kcal

- Dimensions:** 55 x 41 x 23 L/W/H in cm
- Weight:** 17.1 kg
- Allergens:** Gluten
- Storage:** Preferably cool and dry, without direct sunlight.
Ideally at a constant temperature of approx. 15-20° Celsius.
- Once opened:** Close again with the enclosed plastic lid. Do not eat directly from the container (contamination), then the opened product can be consumed for several weeks.
Avoid huge temperature range to prevent condensation.
- Shelf Life:** 10 years. Vacuumed and sealed under protective atmosphere (Swiss Can Machinery).

nutritional values per 100g:

product	energy KJ / kcal	fat	saturated fat	carbs	sugars	protein	salt	fibre
jasmine rice	1450 / 347	1.0g	0.0g	77,0g	0,2g	7.0g	0.0g	1,5g
mashed potatoes	1518 / 358	0,5g	0,1g	77,9g	1,7g	6,5g	0,04g	k.A.
risotto rice	1460 / 344	0,6g	0,13g	77,8g	0,15g	6,8g	0,004g	1,4g
macaroni	1500 / 354	2,0g	<0,5g	69,0g	2,5g	13,0g	0,03g	4,0g
spelt flour	1452 / 346	1,8g	0,2g	68,0g	0,7g	12,9g	0,005g	3,0g

Ingredients and directions

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2 tins of Jasmine Rice, 1500g each, total 3000g (10.410 kcal)

Ingredients: jasmine rice

Bring it to boil over high heat, cover and let it simmer until done. Approx. 20 min

2 tins of Mashed Potatoes (lactose free), 750g each, total 1500g (5370 kcal) for approx. 60 servings

Ingredients: 100% potatoes

(4 to 5 servings): Boil 500ml water with 4g salt, add 250ml milk, stir in 110g instant püree and allow to swell (can also be prepared without milk or with lactose free milk)

2 tins of Risotto Rice, 1600g each, total 3200g (11.008 kcal)

Ingredients: risotto rice

Bring it to boil over high heat and let it simmer for 14 to 16 minutes

3 tins of Macaroni, 900g each, total 2700g (9558 kcal) – allergens: gluten

Ingredients: hard wheat semolina

Cook for 8 to 10 min

3 tins of Spelt Flour, 1000g each, total 3000g (10.380 kcal) – allergens: gluten

Ingredients: spelt flour

Suitable for making delicious pastries: bread, pasta, crepes, sauces, soups, doughs

