



Ingredients for Sacki's Recipes

21'106 kcal

- Dimensions:** 42 x 28 x 21 L/W/H in cm
- Weight:** 6,8 kg
- Allergens:** Gluten, milk, eggs
- 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
vegetable mix	1228 / 307	2,7g	0,6g	46,0g	33,8g	13,0g	0,422g	22,9g
mashed potatoes	1518 / 358	0,5g	0,1g	77,9g	1,7g	6,5g	0,04g	k.A.
2-min corn semolina	1470 / 351	1g	0,2g	65,5g	1,5g	5,6g	0,002g	3g
spelt flour	1452 / 346	1,8g	0,2g	68,0g	0,7g	12,9g	0,005g	3,0g
whole egg powder	2369 / 570	41,8g	11,6g	2,4g	2,4g	46,0g	1,3g	0g
whole milk powder	2065 / 494	26,2g	18,0g	40,6g	40,6g	24,6g	0,03g	<0,1g
vegetable broth	840 / 198	2,0g	<0,5g	23,0g	12,0g	22,0g	40,0g	5,7g



Ingredients and directions

“Ingredients for Sacki’s Recipes”

1 tin of Vegetable Mix, 400g (1228 kcal)

Ingredients: carrots, leeks, parsnips, peppers, onions, courgettes and parsley; all air-dried.

Soak and cook for 10 min or sprinkle directly into a dish and leave it to rest

1 tin of Mashed Potatoes (lactose free), 750g (2685 kcal)

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)

1 tin of 2-min Corn Semolina, 1200g (4212 kcal) – allergens: may contain traces of gluten

Ingredients: corn semolina

Semolina/liquid ratio: 1:4

Stir into boiling water and let it simmer on low heat for 2 to 5 min

1 tin of Spelt Flour, 1000g (3460 kcal) – allergens: gluten

Ingredients: spelt flour

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

1 tin of Whole Egg Powder, 800g (equals approx. 55 to 60 eggs, 4560 kcal) – allergens: egg

Ingredients: whole egg powder (100% whole chicken egg)

1 part of powder into 3 parts of water

1 tin of Whole Milk Powder, 900g (equals 7,2 litres of milk – 4446 kcal) – allergens: milk

Ingredients: whole milk powder

Stir 33g powder into 250ml water

1 pouch of Vegetable Broth, 260g (equals 13 litres of vegetable broth – 515 kcal)

Ingredients: yeast extract, sea salt, 24% tr. vegetables (pumpkin, carrots, tomatoes, parsnips), sugar, tr. parsley, olive oil, spices (mace thyme, pepper, bay leaf, coriander, rosemary) maltodextrin.

20g powder/per liter water, dissolve the required amount in boiling water and stir