



## Vegetable Package 1

12'521 kcal

- Dimensions:** 55 x 41 x 23 L/W/H in cm
- Weight:** 7.6 kg
- Storage:** Preferably cool and dry, without direct sunlight.  
Ideally at a constant temperature of approx. 15-20° Celsius.
- Once opened:** Always close the tin firmly with the plastic lid. Do not eat directly from the container (contamination), the opened product can be consumed within several weeks.  
Avoid large temperature variation 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
carrots	1274 / 303	1.4g	0.31g	52.7g	49.37g	6.51g	0.45g	23.72g
green asparagus	1323 / 314	2.47g	0.5g	31.52g	31.52g	29.51g	0.16g	20.24g
corn	1600 / 382	4g	0.7g	70.0g	2g	10g	0,02g	10g
green peas	1500 / 359	2g	0.3g	47g	3g	26g	0.07g	19g

## Ingredients and directions

### “Vegetable Package 1”

#### **3 tins of Carrots, 450g each, total 1350g (4090 kcal)**

Ingredients: carrots (irregular pieces approx. 16x16x2mm) air dried

Dry/fresh ratio: 1:6 - which corresponds to 8.1kg fresh carrots

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

#### **3 tins of Green Asparagus, 130g each, total 390g (1224 kcal)**

Ingredients: green asparagus (pieces 3–5mm), freeze dried

Dry/fresh ratio: 1:10 - which corresponds to 3.9kg fresh green asparagus

Soak in cold water or sprinkle directly into a dish and allow to soak or eat directly as “chips”

#### **3 tins of Corn, 300g each, total 900g (3438 kcal)**

Ingredients: Corn kernels, freeze dried

Dry/fresh ratio: 1:3 - which corresponds to 2.7kg fresh corn kernels

Soak in cold water or sprinkle directly into a dish and allow to soak or eat directly as “chips”

#### **3 tins of Green Peas, 350g each, total 1050g (3769 kcal)**

Ingredients: green peas “premium” (mind. 9mm) freeze dried

Dry/fresh ratio: 1:3- which corresponds to 3.15kg fresh green peas

Soak in cold water or sprinkle directly into a dish and allow to soak or eat directly as “chips”

