



## Vegetable Package 2

6'554 kcal

- Dimensions:** 55 x 41 x 23 L/W/H in cm
- Weight:** 6.1 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
red bell pepper	1200 / 287	3g	0.5g	32g	31g	12g	0.05g	40g
cauliflower	1200 / 288	3g	0.4g	24g	21g	26g	0.35g	30g
spinach	1138 / 271	3.66g	0.44g	7.44g	5.68g	34.24g	2.12g	21.94g
vegetable mix	1287 / 307	2.7g	0.6g	46.0g	33.8g	13.0g	0.4g	22.9g

## Ingredients and directions

### “Vegetable Package 2”

#### **3 tins of Red Bell Pepper, 150g each, total 450g (1291 kcal)**

Ingredients: red bell pepper (cubes 10x10mm) freeze dried

Dry/fresh ratio: 1:11 - which corresponds to 4.95kg fresh red bell pepper

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

#### **3 tins of Cauliflower, 70g each, total 210g (604 kcal)**

Ingredients: cauliflower florets, freeze dried

Dry/fresh ratio: 1:11 - which corresponds to 2.31kg fresh cauliflower florets

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

#### **3 tins of Spinach, 120g each, total 360g (975 kcal)**

Ingredients: Spinach (2 till 5mm) freeze dried

Dry/fresh ratio: 1:11 - which corresponds to 3.95kg fresh spinach

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

#### **3 tins of Vegetable Mix, 400g each, total 1200g (3684 kcal)**

Ingredients: carrot cubes, parsnip cubes, leek flakes green/white, red bell pepper flakes, onions kibbled, zucchini cubes, parsley (all air dried),

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

