

## Vegetable Package 2

**Content:** 3 x 150g Bell Pepper, red Freeze Dried (in 2-liter tin)  
 3 x 70g Cauliflower Freeze-Dried (in 2-liter tin)  
 3 x 200g String Beans Air-Dried (in 2-liter tin)  
 3 x 400g Vegetable Mix Air-Dried (in 2-liter tin)

**Freshness Ratio:** 1 : 11 Bell Pepper, red Freeze-Dried  
 1 : 11 Cauliflower Freeze-Dried  
 1 : 5 String Beans Air-Dried  
 Vegetable Mix Air-Dried makes 20 additional portions for broth, risotto, potato and lentils stew etc and gratins

**Texture:** Cubes 10 x 10mm ( Bell Pepper, red Freeze Dried)  
 Little Pieces of Cauliflower (Freeze Dried)  
 Cut Pieces (String Beans Air-Dried)  
 Cut Pieces (Vegetable Mix Air-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
Bell Pepper, red	1274 / 303	200 / 28	3,0g	0,5g	32,0g	31,0g	12,0g	20,0mg
Cauliflower	1323 / 314	200 / 28	3,0g	0,4g	24,0g	21,0g	26,0g	0,35g
String Beans	1600 / 382	400 / 33	2,0g	0,7g	47,0g	25,0g	22,0g	10,0mg
Vegetable Mix	1500 / 359	287 / 30	2,7g	0,6g	46,0g	33,8g	13,0g	0,42g

**Ingredients:** 1/4 of each Bell Pepper, red/Cauliflower/String Beans/Vegetable Mix

**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.