



Mashed Potatoes (lactose free)

2'685 kcal

- Tin:** radius 13cm, height 17.4cm, circumference 40.3cm
- Content:** 100% dried potatoes, 750g
- 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 |
|-----------------|---------------------|------|------------------|-------|--------|---------|-------|-------|
| mashed potatoes | 1518 / 358 | 0,5g | 0,1g | 77,9g | 1,7g | 6,5g | 0,04g | k.A. |

- Directions:** (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)