



Vegetable Package 3

5'748 kcal

- Dimensions:** 55 x 41 x 23 L/W/H in cm
- Weight:** 5.5 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 |
|-----------|---------------------|-------|---------------|--------|--------|---------|-------|--------|
| potatoes | 1494 / 352 | 0.06g | 0.01g | 73.64g | 3.31g | 9.3g | 0.04g | 5.84g |
| leek | 1304 / 310 | 3.07g | 0.83g | 34.56g | 32.44g | 22.69g | 0.11g | 23.32g |
| mushrooms | 1262 / 300 | 2.99g | 0.47g | 6.7g | 6.7g | 49.16g | 0.24g | 22.72g |
| spinach | 1138 / 271 | 3.66g | 0.44g | 7.44g | 5.68g | 34.24g | 2.12g | 21.94g |

Ingredients and directions

“Vegetable Package 3”

3 tins of Potatoes, 300g each, total 900g (3168 kcal)

Ingredients: potatoes (cubed 6x6mm) freeze dried

Dry/fresh ratio: 1:4.5 - which corresponds to 4.0kg fresh potatoes

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

3 tins of Leek, 100g each, total 300g (930 kcal)

Ingredients: Leek (green/white – 10x10mm) freeze dried

Dry/fresh ratio: 1:10 - which corresponds to 3.0kg fresh leek

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

3 tins of Mushrooms (Champignons), 75g each, total 225g (675 kcal)

Ingredients: mushrooms in slices <45mm, freeze dried

Dry/fresh ratio: 1:9 - which corresponds to 2.0kg fresh mushrooms

Soak in cold water, pour off and eat cold or sprinkle directly into boiling bouillon/water or into a dish and let it steep gently.

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

Ingredients: Spinach (2-5mm) freeze dried

Dry/fresh ratio: 1:11 - which corresponds to 3.9kg fresh spinach

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

