



## Vegetable Package 3

6'364 kcal

- Dimensions:** 55 x 41 x 23 L/W/H in cm
- Weight:** 5.6 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
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

## Ingredients and directions

### “Vegetable Package 3”

#### **4 tins of Potatoes, 300g each, total 1200g (4224 kcal)**

Ingredients: potatoes (cubed 6x6mm) freeze dried

Dry/fresh ratio: 1:4.5 - which corresponds to 5.4kg fresh potatoes

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

#### **4 tins of Leek, 100g each, total 400g (1240 kcal)**

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

Dry/fresh ratio: 1:10 - which corresponds to 4.0kg fresh leek

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

#### **4 tins of Mushrooms (Champignons), 75g each, total 300g (900 kcal)**

Ingredients: mushrooms in slices <45mm, freeze dried

Dry/fresh ratio: 1:9 - which corresponds to 2.7kg 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.

