



Online store WWW.LYNXGEAR.LV
 Company: SIA LATLYNX
 info@lynxgear.lv, +371 26159668
 Reg. No. 45403038162, VAT Reg. No.
 LV45403038162,
 Legal address: Baznicas iela 8,
 Aizkraukle, Aizkraukles novads,
 LV-5101, LATVIJA
 Bank Account: LV87UNLA0050021387494
 AS SEB Bank, SWIFT: UNLALV2X

ORDER CONFIRMATION

Not Rated Yet



Sales price 13,95 €

Salesprice with discount

Incl. VAT 21%: 2,42 €



Description

Ingredients

Potato (32%), cod (cod (87%), citrus fibre, potato flour, salt) (25%), carrot (13%), onion, rapeseed oil, cream (milk) (7%), wheat flour, fish bouillon (fish, salt, maltodextrin, yeast extract, vegetables, rapeseed oil, seasoning), curry (0,2%), seasoning, antioxidant (ascorbic acid).

Allergens: fish, gluten, lactose, milk.

Weight: 530 g

Shelf life

The product has 5 years shelf life from the manufacturing date. Store at room temperature. An opened bag should be treated as a fresh product. Please eat the meal within 2 hours of adding water.

Preparation

Tear off the top of the bag at the indentation. Add warm water (4 dl) up to the level marker. Stir well, close the bag using the ziplock and let the dish rest for 8 minutes.

| | Per 100 g | Per portion | Per 100 g prepared | Energy % |
|---------------|-----------|-------------|--------------------|----------|
| Energy (kJ) | 2455 | 2357 | 471 | |
| Energy (kcal) | 586 | 563 | 113 | |
| Fat (g) | 34,4 | 33,0 | 6.6 | 61 |



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| | | | | |
|---------------|---------|------|-----|----|
| ↳ Of which | 7,2 | 6,9 | 1.4 | |
| saturated fat | | | | |
| (g) | | | | |
| Carbohydrates | 26,3 | 25,2 | 5.0 | 21 |
| (g) | | | | |
| ↳ Of which | 4,0 | 4 | 0.8 | |
| sugars (g) | | | | |
| Dietary fibre | 6,1 | 5,9 | 1.2 | |
| (g) | | | | |
| Protein (g) | 23,2 | 22,3 | 4.5 | 18 |
| Salt (g) | 3,7 | 3,6 | 0.7 | |
| Water (%) | Max 5 % | | | |

Made in Norway.