

Omelet with Provence Herbs in powder

Instant high protein mix supplement.

Weight of 1 sachet/one portion: 28 g.

Total weight: 196 g (7 sachets).

Ingredients: Protein blend (**white** and **whole egg** powder, whey protein isolate); salt; thickener: sodium carboxymethylcellulose; emulsifiers: mono and diglycerids, lecithin; raising agents: sodium diphosphate, potassium and sodium bicarbonate, monocalcium phosphate, calcium sulphate; pepper; colours: beta carotene, turmeric; flavors; Provence herbs (1%); parsley (0,1%); anti-caking agent: silicium dioxide.

Allergens: **Milk, egg and soy.** Manufactured on equipment that processes gluten, celery, soy and sulfites.

Instructions for preparation: Empty one packet into a bowl. Add slowly 80 to 100 ml of cold water while stirring with a whisk or a fork. Beat with the whisk or the fork until well dissolve. Add salt and pepper, herb and spices to your taste. Put a non-adhesive pan with an oil drop in to heat. Put your mix into the hot pan and cook as a regular omelet (you can put the lid on the pan during the last 10 seconds to leave the omelet to swell up). Consume in the 10 followings minutes.

Caution: Do not use as sole source of nutrition. Drink plenty of liquid (1,5 l per day at least). Not suitable for children, pregnant and breast-feeding women. If consumed as part of

energy restricted diet, follow recommendations of an expert for nutrition. Do not exceed recommended daily allowance.

Lot number, shelf life: Stated on a sachet.

Storage: Store in the original container in a cool and dry place. Make sure that the bag or container is properly closed.

Made in France.

AVERAGE NUTRITION VALUES:

Energy values	100 g	1 portion - 28 g
kJ	1687	471
kcal	401	112
Nutrition facts		
Fat (g)	14,0	3,9
of which saturated fatty acids (g)	4,6	1,3
Carbohydrates (g)	3,95	1,1
of which sugars (g)	1,0	0,3
of which starch (g)	2,95	0,8
Fibers (g)	1,1	0,3
Proteins (g)	64,3	18,0
Salt (g)	6,00 (1,88**)	1,68

(**)Teneurs maximales pour 100 g de produit prêt à être consommé