

Parmentier in powder

Instant high protein mix supplement, rich in fiber.

Weight of 1 sachet/one portion: 39 g.

Total weight: 273 g (7 sachets)

Ingredients: Dehydrated potato (38,4%); **soy** protein (35,9%); dehydrated onions; sunflower oil; **wheat** protein; pea protein concentrate; dehydrated carrots; salt; flavors; color: caramel; thickener: guar gum; dehydrated parsley; garlic powder; spices.

Allergens: Soy, gluten, celery and sulfites. Manufactured on equipment that processes milk and eggs.

Instructions for preparation: Empty content of one packet into a small saucepan (or into a microwave safe bowl). Add 170ml (2/3 cup) boiling water. Bring to boil and simmer 5 to 10 minutes (or microwave on high for 2 or 3 minutes, stirring occasionally) (Cooking guidelines may vary depending on the microwave). Remove from heat (or take off the microwave) and let stand for 2 or 3 minutes. Consume in the 10 following minutes.

Caution: Because of content of gluten the product is not suitable for people on gluten-free diet. 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 - 39 g
kJ	1481	579
kcal	352	137
Nutrition facts		
Fat (g)	6,1	2,4
of which saturated fatty acids (g)	4,6	1,8
Carbohydrates (g)	37,9	14,8
of which sugars (g)	3,9	1,5
of which starch (g)	34,0	13,3
Fibers (g)	10,5	4,1
Proteins (g)	31,0	12,1
Salt (g)	3,65	1,42