newdiet

Vegetables Cream in powder
Instant high protein mix supplement.

Weight of 1 sachet/one portion: 30,5 g.

Total weight: 213,5 g (7 sachets).

Ingredients: **Milk** proteins; vegetable proteins (pea protein isolate; **soy** protein isolate); dehydrated vegetables (13.7%) (potatoes, carrots, onions, asparagus, red bell peppers, **celery**, leek, spinach, green onions, garlic); vegetable oil preparation (refined palm oil; glucose syrup; **milk** protein; stabilizer: pentasodium triphosphate; anti-caking agent: silicon dioxide); flavors; modified corn starch; salt; thickeners: guar gum, xanthan gum, sodium alginate; hydrolyzed vegetable protein; spices; yeast extract; methionine; anti-caking agent: silicium dioxide.

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

Instructions for preparation: Empty one packet into a bowl. Add slowly 200 to 230 ml of hot but not boiling water and stir a few seconds until well dissolve with a whisk. Add salt and/or pepper and 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 - 30,5 g
kJ	1520	464
kcal	360	110
Nutrition facts		
Fat (g)	5,6	1,7
of which saturated fatty acids (g)	2,5	0,8
Carbohydrates (g)	17,0	5,2
of which sugars (g)	1,6	0,5
of which starch (g)	15,4	4,7
Fibers (g)	2,6	0,8
Proteins (g)	59,0	18,0
Salt (g)	7,25 (1,25**)	2,21
Calcium (mg)	700	214 (27 %*)

(*) Nutrient Reference Values.
(**) Maximal contents for 100 g of product ready to use.