



THE REVOLUTION IN CAMPING FOOD!

# Product Specification

## Outback Beef Curry with Coconut Sauce & Lentils

### Pack Sizes

300g

### Description

A blend of critically selected ingredients created as a ready to heat and eat meal

### Ingredient Declaration

Beef (40%), Water, Coconut Milk (8%) [Coconut Extract, Water, Antioxidant (330)], Carrot, Potato, Onion, Red Lentil (3%), Garlic, Ginger, Corn Starch, Maltodextrin (from Tapioca or Corn), Salt, Sugar, Non Hygroscopic Whey Powder (Milk Derivative), Spices, Coconut Milk Powder (0.25%) [contains Milk], Vegetable Powders, Vegetable Gum (415), Natural Colours (160c, 100), Natural Flavour

### Allergens

This product is Gluten Free

Allergens Present : Milk and Milk products

Additional Sensitive Ingredients : Chilli, Herb & Spice Extracts, Allium Genus (eg Onion, spring onion, leek, garlic)

### Country of Origin

This product is manufactured in Australia using local (87.3%) and imported ingredients (12.7%).

### Nutritional Analysis

| NUTRITION INFORMATION |      |                                     |                           |
|-----------------------|------|-------------------------------------|---------------------------|
| Serving size: 300g    |      |                                     |                           |
|                       |      | Average quantity per serving (300g) | Average quantity per 100g |
| Energy                | kJ   | 1299                                | 433                       |
| Energy                | kcal | 309                                 | 103                       |
| Protein               | g    | 30.3                                | 10.1                      |
| Fat - Total           | g    | 12.6                                | 4.2                       |
| Fat - Saturated       | g    | 6.3                                 | 2.1                       |
| Carbohydrate - Total  | g    | 16.2                                | 5.4                       |
| Carbohydrate - Sugar  | g    | 5.7                                 | 1.9                       |
| Dietary Fibre         | g    | 3.0                                 | 1.0                       |
| Sodium                | mg   | 1245                                | 415                       |

Nutrition information provided above are theoretical averages only and have been calculated from information obtained from Suppliers Specifications for ingoing raw materials.