

Buckwheat stew with pork and mushrooms



Perfect for camping, hiking, emergency food storage, and military rations

Rating: Not Rated Yet

Price

8,90 €

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Manufacturer [Good Mood Meals](#)

Description

Enjoy a hearty and flavorful buckwheat stew with pork and mushrooms, crafted for adventurers, survivalists, and outdoor enthusiasts. This freeze-dried meal combines protein-rich pork, earthy mushrooms, and wholesome buckwheat for a satisfying, nutrient-packed dish. Just add hot water, and it's ready to eat!

- ? Long-lasting
- ? Lightweight & easy to prepare
- ? Nutritious & filling
- ? No refrigeration needed

Ingredients

Buckwheat 38%, sauce (processed cheese (cheese 32.7%, skimmed milk, quark, cream, emulsifying salts (E 339, E 450, E 452), dry whey, dry

Main Dishes with Meat: Buckwheat stew with pork and mushrooms

skimmed milk), carrots, cream, rapeseed oil, wheat flour, onions, salt, parsley, lemon pepper (black pepper, acidity regulator: citric acid, onion, sugar, lemon juice powder), garlic powder), pork 23%, mushroom slices 4.7% (champignons, salt, acidity regulators: citric acid, antioxidants: ascorbic acid).

Allergen Information

Contains: Milk, Wheat
May contain traces of: Eggs, Soy, Celery, Mustard, Sesame, Cereals
Manufactured and packaged in a facility that processes these allergens. Packaging contains absorber and is inedible.

Nutritional Value

Nutrient	Per 100 g	Per 105 g
Energy	1908 kJ / 455 kcal	2004 kJ / 478 kcal
Fat	18.2 g	19.14 g
– of which saturated	11.3 g	11.81 g
Carbohydrates	37.6 g	39.44 g
– of which sugars	6.1 g	6.4 g
Fibre	4.5 g	4.7 g
Protein	32.9 g	34.56 g
Salt	2.8 g	2.95 g