



Mashed Potato with pumpkin, carrot and sweet potato

Dry mix with potato flakes for quick and easy preparation of a deliciously spicy potato mash. Refined with pumpkin, carrots, sweet potatoes, roasted onions and leek. Now you can enjoy a hearty, wholesome meal or a light and creamy side dish with meat and vegetable dishes in no time at all. The simple, convenient alternative to traditionally prepared mash from fresh potatoes that still tastes good! Ideal when you need a quick meal, for example away from home, at work, during lunch break, etc. A cup or a plate and hot water is enough! Gluten-free, vegan, lactose-free.

Ingredients: 51 % potatoes, isomaltulose*, vegetable powder (9 % sweet potatoes, 3 % pumpkin, onion, carrot), vegetables (carrots, roasted onions (onions, palm oil, buckwheat flour, table salt), leek), seasoning, vegetable oil (palm oil and sunflower oil), apple juice powder, natural aroma, sea salt, citrus fibre, inulin, Himalaya salt, maltodextrin, herbs, glucose sirup, modified starch.

Contains a total of 2.5 % carrots.

*Isomaltulose is a source of glucose and fructose

Average nutritional values	Per portion (= 50 g powder)	per 100 g powder
Calorific content	757 kJ/180 kcal	1514 kJ/359 kcal
Fat	2.2 g	4.4 g
- of which saturated fatty acids	1.2 g	2.3 g
Carbohydrates	34 g	68 g
- of which sugars	11 g	22 g
Dietary fibres	4.3 g	8.6 g
Protein	3.9 g	7.7 g
Salt	1.7 g	3.3 g

Preparation: Pour 225 ml of hot water over approx. 5 slightly heaped tablespoons (50 g) per portion and stir well, then leave to stand for 5 minutes.

Close properly and store in a dry place.

Made in Germany

Contents: 500 g produces 10 portions of mash

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