



Mashed Potato with peas and fried onions

Dry mix with potato flakes for quick and easy preparation of a deliciously spicy potato mash. Refined with peas and fried onions. 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 it needs to be fast, for example away from home, at work, during lunch break, etc. A cup or a plate and hot water is enough! Vegan, gluten-free, lactose-free.

Ingredients: 55 % potato flakes, isomaltulose*, vegetable powder (pea, spinach, carrot), vegetables (4 % fried onions (onions, palm oil, buckwheat flour, table salt), peas, leek), seasoning, vegetable oil (sunflower and palm oil), natural flavouring, citrus fibre, sea salt, spices, salt, inulin, herbs, maltodextrin, glucose syrup, modified starch.

Contains 10.4 % peas in total.

*Isomaltulose is a source of glucose and fructose

Average nutritional values	per portion (= 50 g powder)	per 100 g powder
Calorific content	748 kJ/177 kcal	1495 kJ/354 kcal
Fat	2.5 g	4.9 g
- of which saturated fatty acids	1.4 g	2.8 g
Carbohydrates	31 g	62 g
- of which sugars	9 g	18 g
Dietary fibres	4.6 g	9.2 g
Protein	5.4 g	10.8 g
Salt	2 g	4 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

Art. No. 480

Eti1221