

Cheese-Bacon Flavor Pancake in powder

Instant high protein mix supplement.

Weight of 1 sachet/one portion: 31 g.

Total weight: 217 g (7 sachets).

Ingredients: Milk proteins; **white egg** powder; **wheat** flour; flavors; vegetables fibres; acidity correcting agents: potassium chloride; salt; raising agent: sodium diphosphate, sodium bicarbonate, monocalcium phosphate, calcium sulfate; anti-caking agent: silicon dioxide; colours: beta carotene and apo carotenal.

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

Instructions for preparation: Empty one packet into a bowl. Add slowly 110 ml of cold water while stirring with a whisk or a fork until well dissolve. Let stand for 1 to 3 minutes. Put a non-adhesive pan with an oil drop in to heat. Put your mix (or just half if you want 2 pancakes) into the hot pan and cook it over a fast heat on both sides during about 1 minute. Consume in the 10 followings minutes.

Caution: Because of content of gluten the product is not suitable for people on gluten-free diet. 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 recommen-

dations 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 - 31 g
kJ	1443	464
kcal	341	109
Nutrition facts		
Fat (g)	2,8	0,9
of which saturated fatty acids (g)	0,9	0,3
Carbohydrates (g)	18,8	6,0
of which sugars (g)	5,3	1,7
of which starch (g)	13,5	4,3
Fibers (g)	4,0	1,3
Proteins (g)	58,1	18,0
Salt (g)	4,65 (1,08**)	1,50
Calcium (mg)	900	288 (36 %*)
Potassium (mg)	1280	410 (21 %*)

(*) Nutrient Reference Values.

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