

## Mushroom Cream in powder

### Instant high protein mix supplement.

**Weight of 1 sachet/one portion:** 28 g.

**Total weight:** 196 g (7 sachets).

**Ingredients:** Milk proteins; vegetable proteins (**soy** protein isolate, pea protein isolate); flavors; maltodextrin; mushroom powder (2,9%); dehydrated boletus (1,6%); thickeners: carboxymethylcellulose, xanthan gum, guar gum, sodium alginate; salt; acidity regulator: potassium citrate; garlic powder; onion powder; methionine; spices; yeast extract; **celery** powder; anti-caking agent: silicon dioxide; parsley; color: caramel, turmeric.

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

**Instructions for preparation:** Empty one packet into a bowl. Add slowly 200 to 230 ml of hot but not boiling water and stir a few seconds until well dissolve with a whisk. Add salt and/or pepper and consume in the 10 followings minutes.

**Caution:** 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 recommendations 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 - 28 g |
|------------------------------------|---------------|------------------|
| kJ                                 | 1460          | 408              |
| kcal                               | 344           | 96               |
| Nutrition facts                    |               |                  |
| Fat (g)                            | 1,8           | 0,5              |
| of which saturated fatty acids (g) | 0,8           | 0,2              |
| Carbohydrates (g)                  | 16,8          | 4,7              |
| of which sugars (g)                | 1,0           | 0,3              |
| of which starch (g)                | 15,8          | 4,4              |
| Fibers (g)                         | 1,8           | 0,5              |
| Proteins (g)                       | 64,3          | 18,0             |
| Salt (g)                           | 6,25 (1,25**) | 1,75             |
| Calcium (mg)                       | 800           | 224 (28 %*)      |

(\*) Nutrient Reference Values.

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