

## Salmon Flavored Blinis in powder

Instant high protein mix supplement.

**Weight of 1 sachet/one portion:** 32 g.

**Total weight:** 224 g (7 sachets).

**Ingredients:** Milk proteins; **egg** based preparation (**white and whole egg** powder); **wheat** flour; flavors; raisin agents: sodium carbonate, dicalcium phosphate and diphosphate, calcium sulphate; fiber; salt; potassium chloride; tomato powder; colors: beta carotene, caramel; anti-caking agent: silicium dioxide; garlic powder; dehydrated dill.

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

**Instructions for preparation:** Empty one packet into a bowl. Add slowly 80 ml of cold water while stirring with a whisk or a fork until well dissolve. Let stand for 5 minutes. Put a non-adhesive pan with an oil drop in to heat. Pour your mix into the hot pan while forming 3 or 4 blinis and cook them over a fast heat on both sides. 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 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 - 32 g
kJ	1497	478
kcal	354	113
Nutrition facts		
Fat (g)	5,7	1,8
of which saturated fatty acids (g)	1,9	0,6
Carbohydrates (g)	18,4	5,9
of which sugars (g)	7,5	2,4
of which starch (g)	10,9	3,5
Fibers (g)	2,0	0,6
Proteins (g)	56,3	18,0
Salt (g)	4,88 (1,50**)	1,56
Calcium (mg)	770	246 (30 %*)

(\*) Nutrient Reference Values.

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