



Backpacker's Pantry

Ingredients and Nutrition

Pad Thai

Ingredients

Noodle (Rice Flour, Water), Sauce (Tomato, Sugar, White Vinegar [Maltodextrin, White Distilled Vinegar], Vegetarian Chicken Soup Base [Hydrolyzed Soy Protein, Natural Flavor, Autolyzed Yeast Extract, Soybean Oil, Silicone Dioxide (To Prevent Caking), Extract Of Turmeric], Garlic, Organic Lime Flavor Powder, Cilantro , Red Chillies, Salt), Peanut Butter (Dry Roasted Peanuts, Organic Palm Fruit Oil), Textured Soy Protein, Dry Roasted Peanuts, Red Bell Peppers, Green Onions.

Nutritional Information

Energy	920 kcal		
Protein	38g		
Carbohydrate	126g	From sugars	34g
Fat	36g	From saturates	6g
Fibre	16g		
Sodium	1160mg		

Wild West Chili and Beans

Ingredients

Black Beans, Red Beans, Chili Sauce (Tomato, Textured Soy Protein, Cheddar Cheese [Milk, Cheese Cultures, Salt, Enzymes, Annatto], Onion, Chili Pepper, Green Bell Pepper, Garlic, Sugar, Salt, Worcestershire Sauce [Corn Syrup Solids, Salt, Caramel Color, Garlic, Sugar, Spices, Soy Sauce Solids (Naturally Fermented Wheat And Soybean, Salt, Maltodextrin, Caramel Color), Partially Hydrogenated Vegetable Oil (Cottonseed And/Or Soybean), Tamarind, Natural Flavor, And Sulfiting Agent], Hickory Smoke Powder [Maltodextrin, Natural Hickory Smoke Flavor , Silicon Dioxide To Prevent Caking], Spices).

Nutritional Information

Energy	720 kcal		
Protein	46g		
Carbohydrate	110g	From sugars	32g
Fat	16g	From saturates	7g
Fibre	56g		
Sodium	1640mg		

Katmandu Curry

Ingredients

Lentils, Brown Rice, Potatoes, Carrots, Peas, Sauce (Sugar, Salt, Dextrose, Garlic, Turmeric, Spices, Parsley Flakes, Cayenne Pepper).

Nutritional Information

Energy	660 kcal		
Protein	36g		
Carbohydrate	128g	From sugars	18g
Fat	3g	From saturates	0g
Fibre	64g		
Sodium	2920mg		

Spaghetti and Sauce

Ingredients

Pasta (Durum Semolina [Enriched With Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin And Folic Acid]), Sauce (Tomato, Textured Soy Protein, Onion, Garlic, Brown Sugar, Salt, Bell Peppers, Vitamin Supplement, Fructose, Spices).

Nutritional Information

Energy	660 kcal		
Protein	32g		
Carbohydrate	130g	From sugars	28g
Fat	5g	From saturates	0g
Fibre	14g		
Sodium	1780mg		