

Product Information Sheet



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PRODUCT:

MALORA FLAVOURED SOYA STEW – Beef, Chicken, Mutton, Curry, Peri-Peri & Tomato.

PRODUCT BRIEF:

Flavoured soya stew with rice and vegetables to deliver a tasty nutritious meal.

INGREDIENTS:

Maize, Textured Vegetable Protein, Rice, Mixed Vegetables, Salt, Flavourings, Sugar, Spices, Colourant, Acidity Regulator, Anti Caking Agent.

PACK SIZES:

5 Kg.

MIXING RATIO:

5 kg soya stew to 30 litres Water (1:6)

COOKING INSTRUCTIONS:

Mix 5kg stew mix to 30 litres cold water.
Cover container and let the Stew mix soak, preferably in refrigerator.
Soak for at least 1 hour before cooking.

KEY FEATURES – MALORA SOYA STEW MIX

Malora soya stew was designed with the objective to be a balanced meal. Malora stew delivers the protein, carbohydrate and macronutrient requirements of a tasty nutritious meal.

- NB – COMPLETE CONVENIENCE.**
- NB – TASTY AND NUTRITIOUS.**
- NB – EASY PORTION CONTROL.**

PRODUCT APPLICATIONS

- Serve as a complete nutritional balanced meal.

Used By:

Government Institutes / Feeding Schemes
Mining and Project Management Institutes.
Community Feeding Schemes.

Please visit our website for Recipes and Product Data Sheets if you require any further information

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SOYA PRODUCTS		
MALORA STEW MIX (1:6)	Per 100 g Powder	Per 100 g Re-Hydrated
Energy (kj)	1101	157
Protein (g)	11,0	1,6
Glyceamic carbohydrates (g)	55,0	7,9
of which total Sugars (g)	3,9	0,6
of which total Starch (g)	16,9	2,4
of which total Lactose (g)	0,0	0,0
Total Fat (g)	1,0	0,1
Saturated fat (g)	0,0	0,0
of which Trans fat (g)	0,0	0,0
Dietary Fibre (g)	4,2	0,6
Sodium (mg)	3461	494

All results calculated