



203534C Long Grain Rice Sachets (Tilda)



Pack Size: 36 X 200G

Details: Cooked, frozen parboiled long grain rice. Packed in individual portions of 200g.

This traditionally fluffy white rice cooks up beautifully. A favourite with Creole and Cajun cooks, long grain is good with chilli con carne, casseroles, spare ribs and cold salads.

Allergen Information

Free from:

Cereal, Celery, Soya, Crustaceans, Eggs, Fish, Gluten, Lupin, Milk, Molluscs, Mustard, Nuts, Peanuts, Sesame, Sulphur Dioxide

Suitable for:

Coeliacs, Vegetarians, Vegan

Handling Information

Directions For Use:

Microwave:

• Add 200g of rice to a microwavable container. Add 2 tbsp. of water (30ml). Cover and vent. Heat on full power for 5 minutes (700W), 4 ½ minutes (800W), 4 minutes (900W). Stir halfway through cooking time. Drain and serve.

Storage Instructions:

Keep Frozen at -18 or below.
Do not re- freeze.

Product Ingredients

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White rice

Nutritional Information

Typical Values per 100g/ml:

Based on a reference intake of an average adult (8400kJ/2000kCal) diet

Energy:

149 kcal / 633 kJ

Fat:

0.38 g

of which saturates:

0.01 g

Carbohydrates:

33.2 g

of which sugars:

0 g

Fibre:

0.67 g

Protein:

2.87 g

Salt:

0.14 g



All product information is correct at time of upload. Information may change so please check the packaging before use.

If allergen information is not presented here, please obtain it from the product packaging

or speak with our QA Department.