



301714C Basmati Rice (Tilda)



Pack Size: 1 X 5KG

Details: All the delicious taste of original long grain but with improved holding and regeneration, plus all the nutrition is kept locked in. Great for use in stir fries or one-pot meals.

Allergen Information

Free from:

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

Suitable for:

Kosher, Coeliacs, Vegetarians, Vegan

Handling Information

Directions For Use:

Allow an average of 50g of dry rice per person.

1. Bring a large pan of water to the boil.
2. Stir in rice and return to a medium boil. Cook for 15-18 minutes, depending on your required texture.

Storage Instructions:

Store under cool, ambient, pest free, conditions

Product Ingredients

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100% parboiled basmati rice

Nutritional Information

Typical Values per 100g/ml:

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

Energy:

355 kcal / 1505 kJ

Fat:

0.7 g

of which saturates:

0.2 g

Carbohydrates:

78.6 g

of which sugars:

0.7 g

Fibre:

1.2 g

Protein:

7.9 g

Salt:

0.01 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.

