



## 301715C Basmati & Wild Rice (Tilda)



**Pack Size:** 1 X 4KG

**Details:** The best combination of the mysterious East and the Wild West - this blend of the finest fragrant Tilda Basmati and exotic Wild Rice creates a delicious combination to make a luxuriously different and visually appealing meal.

### 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 20-25 minutes, depending on your required texture.

**Storage Instructions:**

Store under cool, ambient, pest-free, conditions

### Product Ingredients

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85% Parboiled Basmati Rice and 15% Scarified Wild Rice

### Nutritional Information

**Typical Values per 100g/ml:**

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

**Energy:**

360 kcal / 1526 kJ

**Fat:**

1 g

**of which saturates:**

0.3 g

**Carbohydrates:**

78.9 g

**of which sugars:**

1.6 g

**Fibre:**

1.5 g

**Protein:**

8.1 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.