



309380C Long Grain Rice (Triple Lion)



Pack Size: 4 X 3KG

Details: 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, Crustaceans, Eggs, Fish, Gluten, Lupin, Milk, Molluscs, Mustard, Nuts, Peanuts, Sesame, Sulphur Dioxide, Soya

Suitable for:

Vegetarians, Vegan

Handling Information

Directions For Use:

Take the required quantity of rice and add three times that quantity of boiling water (by volume). Add salt, return to the boil and reduce heat. Simmer for 14/15 minutes or until all the water is absorbed. Serve.

Storage Instructions:

Store in a cool, dry place

Product Ingredients

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Rice

Nutritional Information

Typical Values per 100g/ml:

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

Energy:

352 kcal / 1493 kJ

Fat:

0.7 g

of which saturates:

0.2 g

Carbohydrates:

78.7 g

of which sugars:

0.1 g

Fibre:

0.4 g

Protein:

7.1 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.

