



## 309380S Long Grain Rice (Triple Lion)



**Pack Size:** 3KG BAG

**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.

