



P600



Carnaroli rice precooked



1kg ?
PER PACK



200g
SERVING



24
MONTH AT -18°C

Ingredients

Carnaroli rice, water, salt.

Average nutritional values per 100 g

Energy kJ 765 – Energy kcal 180 – Fats g 0,49 of which saturated fats g 0,1 – Carbohydrates g 40,0 of which sugars g 0,1 – Fibres g 0,66 – Proteins g 3,6 – Sodium g 0,092 – Minerals g 0,31 – Salt g 0,23

Preparation

In boiling water: **1-2 min**

To pan cook: **4-5 min**

In the microwave (750w): **2-3 min**

In a steam oven (100°C): **3-4 min**

Data Sheet

%

10

PORTION YIELD AFTER COOKING

