

04291 | Everyday Favourites | 36-200g

## Everyday Favourites Quick Cook Long Grain Rice

Microwaveable Steamer Sachets, Which Gives Perfectly Cooked Rice Every Time.

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### Description

Legal Product Name	Frozen Quick Cook Long Grain Rice
Unique Marketing Statement	Microwaveable Steamer Sachets, Which Gives Perfectly Cooked Rice Every Time.
Brand Name	3663
Country of Origin	United Kingdom

### Ingredients

Ingredients	Cooked Long Grain Rice (Water, Rice)
Is the product made from at least 65% British ingredients?	No
Contains GM Ingredients	No

### Nutrition

Servings per Consumer Unit (Inner)	36
Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	577 kJ
Energy (Kilocalories)	136 kcal
	1.3 g
	0.3 g
Carbohydrate	28.1 g
Sugars	0 g
Dietary Fibre, Total	0.4 g
Protein, Total	2.8 g
Salt	0 g
Sodium	0 mg

### Allergens

Cereals containing Gluten (and products thereof)	Does NOT Contain
Wheat (as an ingredient)	Does NOT Contain
Rye (as an ingredient)	Does NOT Contain
Barley (as an ingredient)	Does NOT Contain
Oats (as an ingredient)	Does NOT Contain
Crustaceans (and products thereof)	Does NOT Contain
Egg and Egg Products	Does NOT Contain
Fish and Fish Products	Does NOT Contain
Peanut and Peanut Products	Does NOT Contain
Soybean and Soybean Products	Does NOT Contain
Milk and Milk Products	Does NOT Contain
Tree Nuts (and products thereof)	Does NOT Contain
Almonds (as an ingredient)	Does NOT Contain
Hazelnuts (as an ingredient)	Does NOT Contain
Walnuts (as an ingredient)	Does NOT Contain
Cashews (as an ingredient)	Does NOT Contain
Pecan nuts (as an ingredient)	Does NOT Contain
Brazil nuts (as an ingredient)	Does NOT Contain
Pistachio nuts (as an ingredient)	Does NOT Contain
Macadamia or Queensland nuts (as an ingredient)	Does NOT Contain
Celery / Celeriac (and products thereof)	Does NOT Contain
Mustard (and products thereof)	Does NOT Contain
Sesame Seeds and Sesame Seed Products	Does NOT Contain
Sulphur Dioxide and Sulphites (>10mg/kg)	Does NOT Contain
Lupin (and products thereof)	Does NOT Contain
Molluscs (and products thereof)	Does NOT Contain

## Dietary Information

Halal Certified	No
Kosher Certified	No
Suitable for Vegan	Yes
Suitable for Vegetarian	Yes
Organic Certificate	No Organic certificate
Can any Ethical or Fairly traded claims be made?	No ethical or fairtrade claim
Can any other sustainability claims be made for this product?	None
Does any other assurance scheme apply to this product?	No assurance scheme

## Preparation Suggestions

Is the product ready to eat?	No
Microwave Instructions From Frozen	Microwave - 650W Category B Full power 4 minsMicrowave - 750W Category D Full power 3 ½ minsPlace one 200g sachet unopened into a microwaveable plate and cook on high for time stated. Allow to stand for 1 minute, drain and serve.Ensure food is piping hot throughout before serving.R63
Other From Frozen	Boil for 4 mins. Place one 200g sachet unopened into a pan of boiling water. Return to boil and simmer. Ensure food is piping hot throughout before serving.

## Packaging

Do you have any packaging environmental claims?	Recyclable
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