

04444 | Everyday Favourites | 2Kg

Everyday Favourites Quick Cook Long Grain Rice

Easy To Cook White Rice In A Conveniently Portionable Pack - Perfect Rice Every Time.

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Description

Legal Product Name	Frozen Quick Cook Long Grain Rice
Unique Marketing Statement	Easy To Cook White Rice In A Conveniently Portionable Pack - Perfect Rice Every Time.
Brand Name	Everyday Favourites
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)	10
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 200g into a microwaveable dish. Cover with cling film and pierce several times. Cook on full power for time stated above. Allow to stand for 1 minute, drain and serve.Ensure food is piping hot throughout before serving.
Fry From Frozen	Shallow fry Medium heat 5-6minsHeat a small quantity of cooking oil in a frying pan or wok. Add required quantity of rice and shallow fry over a medium heat for time stated above Ensure food is piping hot throughout before serving.
Other From Frozen	Boil for 4 mins. Place required quantity of rice in a small quantity of boiling water. Bring back to the boil and simmer for the time stated . Drain and serve.

Packaging

Do you have any packaging environmental claims?

Recyclable