

07716 | Uncle Ben's | 5Kg

Uncle Bens Easy Cook Long Grain Rice

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Description

Brand Name	Uncle Ben's
Country of Origin	Netherlands

Ingredients

Ingredients	Parboiled Long Grain Rice
Is the product made from at least 65% British ingredients?	No
Contains GM Ingredients	No

Nutrition

Servings per Consumer Unit (Inner)	100
Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	657 kJ
Energy (Kilocalories)	157 kcal
Fat, Total	0.5 g
Saturated	0 g
Carbohydrate	34.2 g
Sugars	0.2 g
Dietary Fibre, Total	0.1 g
Protein, Total	3.3 g
Salt	2.5 g
Sodium	1000 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?	Yes - Versatile applications
Oven	Absorption in steam oven: Pour 1 volume rice and 2 volumes water into the tray. Cook without lid for 25-30 minutes at 100oC, until all water is absorbed.
Oven From Frozen	NA
Microwave Instructions	NA
Fry	NAPilaf Cooking: Glaze 1 volume rice in a little hot oil. Add 2.5 Volumes of water. Cook until all liquid absorbed.Pilaf Cooking: Glaze 1 volume rice in a little hot oil. Add 2.5 Volumes of water. Cooking until all liquid absorbed.
Grill	NA
Other	Quick cooking: Cooking the rice in a large amount of boiling water for 10 minutes.Pilaf Cooking: Glaze 1 volume rice in a little hot oil. Add 2.5 Volumes of water. Cook until all liquid absorbed.Absorption in steam oven: Pour 1 volume rice and 2 volumes water into the tray. Cook without lid for 25-30 minutes at 100oC, until all water is absorbed.

Packaging

Do you have any packaging environmental claims?	Recyclable
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