

46854 | Tilda Steamed Pure Basmati | 6-250g

Tilda Steamed Basmati Rice

Gluten Free No Added Salt

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Description

Legal Product Name	Steamed Basmati Rice
Unique Marketing Statement	Gluten Free No Added Salt
Brand Name	Tilda Steamed Pure Basmati
Country of Origin	United Kingdom, France, Spain

Ingredients

Ingredients	Natural Basmati Rice Steamed (98%), Rice Bran Oil.
Is the product made from at least 65% British ingredients?	No
Contains GM Ingredients	No

Nutrition

Servings per Consumer Unit (Inner)	2
Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	598 kJ
Energy (Kilocalories)	143 kcal
Fat, Total	1.9 g
Saturated	0.5 g
Carbohydrate	28.2 g
Sugars	0.09 g
Dietary Fibre, Total	0.7 g
Protein, Total	2.9 g
Salt	0.01 g
Sodium	2.8 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
Oven	No
Oven From Frozen	No
Microwave Instructions	Microwave (800W) for 2 mins
Fry	0or stir fry 3 mins0
Grill	No
Other	0or stir fry 3 mins0

Packaging

Do you have any packaging environmental claims?

No environmental packaging claim