

# THE CLEAN KILO

ZERO WASTE

SUPERMARKET



## BROWN SHORT GRAIN RICE ORGANIC

£0.35/100G

ORIGIN: ITALY

### Nutritional Information Typical values (per 100g)

Energy kJ	1483
Energy kcal	349
Fat	2.8
of which Saturates	trace
Carbohydrates	74
of which sugars	1.3
Fibre	4.9
Protein	6.9
Salt	7mg

**INGREDIENTS:** Organic Brown short grain rice

**STORAGE:** Cool, dry and hygienic, away from direct light and odours.

**COOKING INSTRUCTIONS:** Place the rice in medium bowl and add enough water to cover by 2 inches. Using your hands, gently swish the grains to release any excess starch and carefully pour off the water. Repeat four times, or until the water runs almost clear. Drain the rice and in a medium saucepan with a tight-fitting lid, combine rice, 2 cups water, and 1/2 teaspoon salt and bring to a boil. Stir once, cover, and reduce heat to low. Simmer for 50 minutes. (Do not lift the lid or stir!) Remove from heat and let stand, covered, for 5 minutes; fluff with a fork and serve.

**SHELF LIFE:** Please see dispenser for BBE date - min 12 months.

**ORGANIC:** Organic Certification The product meets EU Organic Standards 834/2007 and 889/2008 and meets the Soil Association Organic Standards.

**ALLERGENS:** No allergens in product itself - please read below.

**ALLERGEN STATEMENT:** Where products are indicated as not having an allergen present this refers to the product not being formulated or wholly derived from the particular ingredient. Allergen handling policies and procedures are in place through the supply chain to reduce the likelihood of cross contamination from allergens, however this cannot be guaranteed.

**NOTE:** The information is considered to be true and correct at the date of publication, changes in circumstances (i.e change of supplier/price etc) after the time of publication may impact on the accuracy of the information. We will endeavour to update any changes as frequently as possible. Publication last updated 22.08.19.

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