

# THE CLEAN KILO

ZERO WASTE

SUPERMARKET



## ARBORIO/RISOTTO WHITE RICE ORGANIC

£0.31/100G

ORIGIN: ITALY

### Nutrition Facts

For a Serving Size of 100 grams  
(100g)

<b>Calories</b> 360	Calories from Fat 0 (0%)
	<b>% Daily Value *</b>
<b>Total Fat</b> 0g	-
<b>Sodium</b> 0mg	<b>0%</b>
<b>Carbohydrates</b> 80g	-
Net carbs 78g	-
Sugar 0g	-
Fiber 2g	<b>8%</b>
<b>Protein</b> 8g	
Vitamins and minerals	
Vitamin A IU 0IU	-
Vitamin C 0mg	<b>0%</b>
Calcium 0mg	<b>0%</b>
Iron 0.7mg	<b>9%</b>
Fatty acids	
Amino acids	

**INGREDIENTS:** Organic White Arborio rice

**INFO:** Arborio/risotto rice has a creamy, chewy texture due to its higher amylopectin (one of two components in its starch) content. These qualities makes it a good substitute for paella rice.

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

**COOKING INSTRUCTIONS:** Rinse in cold water. Add 1 part rice to 2 parts water. Bring to the boil then simmer for approximately 40 minutes until the water is absorbed.

**SHELF LIFE:** Please see dispenser for BBE date.

**ORGANIC:** Essential Trading Co-operative limited are organically certified to EU Regulation 834/2007 by the Organic Farmers & Growers (GB-ORG-02) & the Biodynamic Association (Demeter) (GB-ORG-06)

**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 formulate 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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