

Bens Original Egg Fried Microwave Rice 250g

Ingredients

Steamed Parboiled Long Grain Rice (86%), Scrambled EGG (7.1%) (Free-Range EGG, Whole MILK, Water, Rapeseed Oil, Cornflour, Lemon Juice Concentrate, Salt, Spice), Onion, Toasted SESAME Oil, Onion Powder, Sunflower Oil, Salt, Yeast Extract, Garlic Powder, Spices, Dried Garlic, Herb (Chives)

Allergens

CONTAINS: EGGS, MILK, SESAME

Suitable for Vegetarians

Nutrition

	Per 100g	Per portion (125g)
Energy Values	660 (KJ) / 156 (Kcal)	825 (KJ) / 195 (Kcal)
Fat	2.7g	3.3g
(of which Saturates)	0.4g	0.5g
Carbohydrate	29g	36g
(of which Sugars)	0.7g	0.8g
Fibre	0.9g	1.2g
Protein	3.9g	4.8g
Sodium		
Salt	0.42g	0.52g
Salt Equivalent		

Product Description

Brand: Ben's Original

EAN: 5010034011410

Steamed parboiled long grain rice with egg, sesame oil and oriental spices.

Storage & Usage

Storage: Ambient

Storage Type: Store in a dry place at room temperature. Once opened refrigerate unheated rice for up to 3 days.

Manufacturer Address

GB: Freepost Mars Food UK.

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