

Bens Original Golden Vegetable Microwave Rice 250g

Ingredients

Steamed Parboiled Long Grain Rice (83%), Red Pepper (4.7%), Carrot, Sweetcorn (3.1%), Peas (1.9%), Sunflower Oil, Salt, Yeast Extract, Natural Flavouring, Onion Powder, Spices, Acid (Citric Acid)

Allergens

Suitable for Vegetarians

Nutrition

	Per 100g	Per portion (125g)
Energy Values	639 (KJ) / 151 (Kcal)	799 (KJ) / 189 (Kcal)
Fat	2.2g	2.7g
(of which Saturates)	0.1g	0.2g
Carbohydrate	29g	36g
(of which Sugars)	0.7g	0.9g
Fibre	1.2g	1.5g
Protein	3.3g	4.1g
Sodium		
Salt	0.44g	0.55g
Salt Equivalent		

Product Description

Brand: Ben's Original

EAN: 5010034011526

Steamed parboiled long grain rice with pepper, sweetcorn and peas.

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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