

Bens Original Mixed Pepper Microwave Rice 250g

Ingredients

Steamed Parboiled Long Grain Rice (79%), Red Pepper (7.0%), Green Pepper (4.3%), Yellow Pepper (3.1%), Carrot, Sunflower Oil, Onion Powder, Red Pepper Concentrate, Salt, Garlic Powder, Spices, Sugar, Acid (Citric Acid), Herb

Allergens

Suitable for Vegetarians

Nutrition

	Per 100g	Per portion (125g)
Energy Values	634 (KJ) / 150 (Kcal)	793 (KJ) / 188 (Kcal)
Fat	1.8g	2.2g
(of which Saturates)	0.1g	0.2g
Carbohydrate	29g	37g
(of which Sugars)	1.7g	2.1g
Fibre	1.2g	1.6g
Protein	3.2g	4g
Sodium		
Salt	0.45g	0.56g
Salt Equivalent		

Product Description

Brand: Ben's Original

EAN: 5010034011649

Steamed parboiled long grain rice with 3 types of pepper, aromatic herbs and 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.

0800 952 1234

www.bensoriginal.co.uk

IE: Mars Foods Ireland Limited,

PO Box 3856,

Dublin 4.

1890 812 315

www.bensoriginal.ie