

Bens Original Pilau Microwave Rice 250g

Ingredients

Steamed Parboiled Long Grain Rice (94%), Sunflower Oil, Onion Powder, Natural Flavouring, Salt, Yeast Extract, Cumin Seeds, Fennel Seeds, Spices, Acid (Citric Acid)

Allergens

Suitable for Vegetarians

Nutrition

	Per 100g	Per portion (125g)
Energy Values	707 (KJ) / 167 (Kcal)	884 (KJ) / 209 (Kcal)
Fat	3.1g	3.9g
(of which Saturates)	0.2g	0.3g
Carbohydrate	31g	38g
(of which Sugars)	<0.5g	0.6g
Fibre	1.1g	1.4g
Protein	3.5g	4.4g
Sodium		
Salt	0.56g	0.7g
Salt Equivalent		

Product Description

Brand: Ben's Original

EAN: 5010034011625

Steamed parboiled long grain rice with spices, cumin seeds and fennel seeds.

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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