

Bens Original Savoury Chicken Microwave Rice 250g

Ingredients

Steamed Parboiled Long Grain Rice (86%), Carrot (3.1%), Red Pepper (3.1%), Sweetcorn (3.1%), Sunflower Oil, Natural Flavouring, Onion Powder, Salt, Yeast Extract, Acid (Citric Acid), Garlic Powder, Spices

Allergens

Nutrition

	Per 100g	Per portion (125g)
Energy Values	644 (KJ) / 152 (Kcal)	805 (KJ) / 190 (Kcal)
Fat	2.2g	2.7g
(of which Saturates)	0.1g	0.2g
Carbohydrate	29g	36g
(of which Sugars)	0.7g	0.9g
Fibre	1g	1.3g
Protein	3.4g	4.3g
Sodium		
Salt	0.44g	0.55g
Salt Equivalent		

Product Description

Brand: Ben's Original

EAN: 5010034011557

Steamed parboiled long grain rice with chicken flavour and vegetables.

Storage & Usage

Storage: Ambient

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

Manufacturer Address

GB: Freepost Mars Food UK.

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