

Bens Original Spicy Mexican Microwave Rice 250g

Ingredients

Steamed Parboiled Long Grain Rice (75%), Sweetcorn (5.5%), Tomato Paste, Adzuki Beans (3.9%), Red Pepper (2.3%), Sunflower Oil, Jalapeno Pepper, Natural Flavouring, Salt, Spices, Coriander, Onion Powder, Garlic Powder, Yeast Extract

Allergens

Suitable for Vegetarians

Nutrition

	Per 100g	Per portion (125g)
Energy Values	670 (KJ) / 159 (Kcal)	838 (KJ) / 199 (Kcal)
Fat	3g	3.8g
(of which Saturates)	0.2g	0.3g
Carbohydrate	28g	35g
(of which Sugars)	1.1g	1.4g
Fibre	1.5g	1.8g
Protein	3.8g	4.7g
Sodium		
Salt	0.52g	0.66g
Salt Equivalent		

Product Description

Brand: Ben's Original

EAN: 5010034011595

Steamed parboiled long grain rice with beans, corn and peppers.

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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