

Tilda Microwave Peri Peri Basmati Rice 250g

Ingredients

Natural Basmati Rice - Steamed (74%), Onions, Red Peppers(4%), Green Peppers (4%), Sunflower Oil, Tomato Paste(1.5%), White Wine Vinegar, Peri Peri Sauce(0.9%) (Water, Vinegar, Rapeseed Oil, Bird's Eye Chilli Powder (<0.1%), Salt, Cornflour, Onion Powder, Lemon Juice, (<0.1%), Paprika), Red Chilli (0.8%), Lemon Zest (0.6%), Vegetable Stock Powder (Rice Flour, Salt, Onions, Parsnips, Carrots, Olive Oil, Turmeric, Parsley), Garlic (0.4%), Smoked Paprika (0.3%), Salt, Oregano (0.2%), Parsley, Turmeric

Allergens

Suitable for Vegans
Suitable for Vegetarians

Nutrition

	Per 100g	Per 125g Serving
Energy Values	549 (KJ) / 130 (Kcal)	686 (KJ) / 163 (Kcal)
Fat	2.5g	3.1g
(of which Saturates)	0.3g	0.4g
Carbohydrate	23.5g	29.4g
(of which Sugars)	1.2g	1.5g
Fibre	1.8g	2.3g
Protein	2.5g	3.1g
Sodium		
Salt	0.42g	0.53g
Salt Equivalent		

Product Description

Brand: Tilda
EAN: 5011157995427
Peri Peri Basmati Rice

Storage & Usage

Storage: Ambient

Storage Type: Once opened keep refrigerated and use within 2 days.

Manufacturer Address

Tilda,
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Rainham,
RM13 9AE,
UK.
Contact us via feedback@tilda.com