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Version 3.0

Aunt Caroline Easy Cook Long Grain Rice 1 x 5Kg

Easy Cook Long Grain Rice

PRODUCT DESCRIPTION

Aunt Caroline Easy Cook Long Grain Rice is made from selected, cleaned and milled rice. Parboiling produces easy to prepare, separate fluffy grains of cooked rice. Perfect for portion control.

Brand	BW Catering Products
Manufacturer Product Code	RR23
Effective Date	Sep 27, 2024
Product Type	Food
Product Category	Pasta, Rice and Noodles
Storage Type	Ambient
Erudus ID	fc6d1c09879b46988f9b70b47adc2b54
Specification Type	Generic



Inner Component GTIN 5010225000636



INGREDIENTS

Ingredient Declaration

100% Rice (*Oryza sativa*)

ALLERGENS

Product Contains:

Celery/Celery	No	Mustard	No
Cereals Containing Gluten	No	Nuts (Tree)	No
Barley	No	Almond nuts	No
Oats	No	Brazil nuts	No
Rye	No	Cashew nuts	No
Wheat (including Spelt and Khorasan)	No	Hazelnuts	No
Crustacea	No	Macadamia (Queensland) nuts	No
Eggs	No	Pecan nuts	No
Fish	No	Pistachio nuts	No
Lupin	No	Walnuts	No
Milk	No	Peanuts	No
Molluscs	No	Sesame Seeds	No
		Soybeans	No
		Sulphur Dioxide and Sulphites	No

FREE FROM CLAIMS

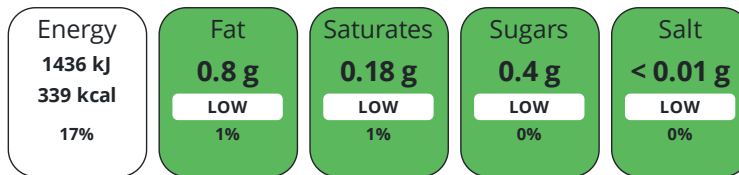
Gluten-Free Yes

DIET SUITABILITY

Vegan Diet	Suitable for	Vegetarian Diet	Suitable for
Halal Diet	No	Kosher Diet	No

NUTRITIONAL
INFORMATION

Each 100g/ml portion contains:



of your reference intake.

Typical values per 100g/ml : Energy 339kcal / 1436kJ

Nutrient	per 100g	RI per 100g	per 50g serving	RI per 50g serving
Energy (kJ)	1436 kJ	17%	718 kJ	9%
Energy (kcal)	339 kcal	17%	169.5 kcal	8%
Fat	0.8 g	1%	0.4 g	1%
of which Saturates	0.18 g	1%	0.1 g	1%
Carbohydrate	78 g	30%	39 g	15%
of which Sugars	0.4 g	0%	0.2 g	0%
Fibre	4.7 g		2.4 g	
Protein	7.19 g	14%	3.6 g	7%
Salt	< 0.01 g	0%	-	
Serving Size	50 g			
Number of Servings	100 Servings			

HANDLING &
STORAGE
INFORMATION

Directions For Use

Allow 50g of rice per person . Place into boiling water and simmer for 15 minutes until tender. Drain and serve.

Storage Instructions

Store in original packaging, cool, dry and protected from light

ORIGIN

Product Country of Origin/Place of Other

Provenance

Additional Origin Details

Various growing origins. Milled and packed in UK.

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INFORMATION

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