

# Long grain rice parboiled organic

**Designation:** long rice white parboiled

**Description:** Note: Do not add salt until after cooking. The treatment makes the rice particularly fluffy and grainy and therefore particularly suitable for pan preparations, salad preparations and for all dishes firm to the bite.

**Preparation:** Boil 1 cup of rice in 2 cups of lightly salted water and simmer for about 20 minutes. Particularly suitable for salads and pan-fried dishes, because the special manufacturing process ensures a granular consistency.

**Ingridients:** long grain rice white parboile

\* from controlled organic cultivation

**Raw food:** No  
**Fairtrade:** No  
**Gluten-free:** No  
**Vegan:** Yes  
**Superfood:** No  
**Naturally gluten-free:** Yes  
**Plastic-free:** No  
**Organic:** Yes  
**Colli/Multi package:** We trade this item in various packaging units. The current packaging size is 25kg. Please refer to the order confirmation for the final packaging unit.  
**Value Pack:** No

**ECO Control Point:** DE-ÖKO-003

[Zum Produkt](#)

## Nährwerte

**Unzubereitet pro 100 g**

Calorific value kj	1502 kj
Calorific value kcal	359 kcal
Fat	1 g
Of which saturated fatty acids	0.3 g
Carbohydrates	79.1 g
Of which sugar	0.3 g
Fibers	1.8 g
Protein	7.5 g
Salt	0.01 g

## Allergene

Gluten-containing cereal	Nein
Chicken egg	Nein
Peanuts	Nein

Milk	Nein
Celery	Nein
Sesame seeds	Nein
Lupines	Nein
Crustaceans	Nein
Fish	Nein
Soy	Nein
Nuts	Nein
Mustard	Nein
Sulfur dioxide and sulphite	Nein
Molluscs	Nein
Cashews	Nein
Spelt	Nein
Barley	Nein
Oat	Nein
Hybrid Strains	Nein
Kamut	Nein
Macadamia	Nein
Almonds	Nein
Brazil Nuts	Nein
Pecans	Nein
Pistachios	Nein
Rye	Nein
Hazelnuts	Nein
Sesame	Nein
Walnuts	Nein
Wheat	Nein