

# Organic long grain white parboiled rice

Parboiled rice undergoes a special process where the raw rice is soaked, then steamed under pressure. This drives nutrients from the husk into the grain, resulting in a more nutritious and flavourful rice. The process also shortens the cooking time, yielding a beautifully fluffy and separate grain.

[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  
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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