

# Rice long grain white organic

**Designation:** long grain rice white

**Description:** The white long-grain rice is used in many ways and is popular in international cuisines. For example, for all kinds of stir-fry dishes, casseroles, fillings or even classically as a fiber-containing side dish.

**Preparation:** Put 1 cup of rice in 2 cups of lightly salted water and let it boil for about 15 minutes. Suitable as a side dish, for salads, soups, fillings and pan-fried dishes.

**Ingridients:** long grain rice white\*

\* 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	1473 kj
Calorific value kcal	352 kcal
Fat	0.7 g
Of which saturated fatty acids	0.2 g
Carbohydrates	78.7 g
Of which sugar	0.1 g
Fibers	1.3 g
Protein	7.1 g
Salt	0.013 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