

# Rice longrain (black venus)

**Designation:** long grain rice black

**Description:** The crunchy black long-grain rice has a spicy-nutty flavor, which enhances exotic stir-fry dishes, salads or even casseroles and is rich in fiber. In addition, together with other cereals or legumes, it enhances any side dish.

**Preparation:** Boil 2 cups of water, add 1 cup of rice and cook at low heat for about 30 minutes until the water is absorbed. Season to taste. As a side dish, for salads, soups, fillings and pan-fried dishes.

**Ingridients:** long grain rice black\*

\* 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	1464 kj
Calorific value kcal	350 kcal
Fat	0.6 g
Of which saturated fatty acids	0.1 g
Carbohydrates	77.7 g
Of which sugar	0.3 g
Fibers	2.1 g
Protein	7.4 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