

# Organic white risotto rice from Italy 6x500g

This round grain rice is ideal for risotto and various sticky rice dishes due to its excellent water absorption and low starch release. It pairs beautifully with asparagus, mushrooms, or spinach, and is delightful with fish and seafood.

[Zum Produkt](#)

## Nährwerte

### Unzubereitet pro 100 g

Calorific value kj	1452 kj
Calorific value kcal	347 kcal
Fat	0.6 g
Of which saturated fatty acids	0.1 g
Carbohydrates	78 g
Of which sugar	0.3 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