

Rice for risotto white

Designation: risotto rice white

Description: Because of its good water absorption and low starch release, this round grain rice is ideal for risotto and also all kinds of sticky rice dishes. A delight with asparagus, mushrooms or spinach, topped with fish and also with seafood.

Preparation: Sauté 125 g rice with 1 tbsp oil in a pot at low heat. Add 1/2 litre vegetable stock in small portions until the rice has completely absorbed the stock. Continue until the broth is completely absorbed. Gourmet tip: Sweat 2 tbsp onion cubes and replace 100 ml broth with white wine, refine with butter and Parmesan. Risotto rice is a sticky boiling short grain rice, perfect with asparagus, mushrooms or spinach, topped with fish and seafood.

Ingridients: risotto rice white*

* from controlled organic cultivation

Raw food: No
Fairtrade: No
Gluten-free: No
Vegan: Yes
Superfood: No
Naturally gluten-free: Yes
Plastic-free: Yes
Organic: Yes
Value Pack: No

ECO Control Point: DE-ÖKO-003

[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