

Rice Basmati whole grain organ

Designation: basmati rice whole grain

Description: Jasmine rice is known for its floral aroma, the whole grain is more al dente and therefore excellent for savoury rice dishes and as a side dish for both vegetable and meat dishes, as well as providing fibre.

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. Basmati rice has a loose consistency and is ideal for wok dishes, salads and pan-fried dishes.

Ingridients: basmati rice whole grain*

* 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	1490 kj
Calorific value kcal	356 kcal
Fat	0.6 g
Of which saturated fatty acids	0.1 g
Carbohydrates	79.3 g
Of which sugar	0.3 g
Fibers	2.9 g
Protein	6.9 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