

Wild rice organic 1kg

Designation: wild rice

Description: Botanically, the wild rice does not belong to the same genus as rice, but it is applied in the same culinary way and offers a wonderful grainy alternative to the usually rather sticky rice. A delicious source of fiber and protein, it makes a delightful addition to hearty dishes, stews, and exotic rice dishes alike.

Preparation: Preparation: Soak in 2.5 times the amount of unsalted water and simmer for 30-45 minutes and allow to soak for 30-60 minutes.

Ingridients: wild rice*

* 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
Value Pack: Yes

ECO Control Point: DE-ÖKO-003

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	1593 kj
Calorific value kcal	381 kcal
Fat	1.1 g
Of which saturated fatty acids	0.3 g
Carbohydrates	74.9 g
Of which sugar	0.2 g
Fibers	6.2 g
Protein	14.7 g
Salt	0.02 g

Allergene

Gluten-containing cereal	Nein
Chicken egg	Nein
Peanuts	Nein
Milk	Nein

Example Company

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