

# Rice longgrain whole

**Designation:** long grain rice whole grain

**Description:** The firm to the bite and stronger in flavor whole grain of long-grain rice offers a delicious complement to fish, meat as well as vegetables and is also excellent as a basic ingredient for fritters and casseroles. In addition, whole grain rice is a source of fiber.

**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 unpeeled\*

\* 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 5kg. 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	1491 kj
Calorific value kcal	356 kcal
Fat	3.2 g
Of which saturated fatty acids	0.6 g
Carbohydrates	72.6 g
Of which sugar	0.7 g
Fibers	3.6 g
Protein	7.5 g
Salt	0.013 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