

Long Grain Rice

Allergens - N/A

Ingredients

Quantity	Ingredient
950g	Long Grain Rice
2Ltrs	Water
3g	Salt



Method

1. Boil in salted water or cook in steamer until tender.

Nutritional Content per 100g Rice

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 181.9	= 1.7	= 0.4	= 0.0	= 0.2	= 40.8

Portion size - Primary - 100g

Reviewed April 2018