

## Tilda Brown and White Rice - Information

Wholegrain Easy Cook Long Grain Rice (50%) and White Easy Cook Long Grain Rice (50%)

**TFS Product Code:** 030470  
**Suppliers Product Code:**  
**Information Last Updated:** 25/11/2024  
**Date Produced:** 10/09/2025



### Allergy Information

Key: **Contains** **May Contain**



Sesame



Gluten



Crustaceans



Eggs



Lupin



Nuts



Milk



Celery



Sulphur Dioxide



Soya



Cereal



Peanuts



Fish



Molluscs



Mustard

### Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	354.00
Energy (kJ)	1501.00
Protein (g)	7.40
Carb (g)	76.90
Of Which Sugars (g)	0.80
Fat (g)	1.80
Of Which Saturates (g)	0.40
Fibre (g)	1.70
Salt (g)	0.01

### Dietary Information

Key: **Suitable for**



Kosher



Vegetarian



Halal



Vegan

**Please Note:** This information has been supplied by manufacturers and other third parties to Thompsons Food Service Ltd. Whilst we take steps to ensure the information is correct and regularly updated, we give no warranty and no guarantee to the accuracy of this information. Product information and ingredients may change; please always read product labels carefully in addition to this document for accuracy. Please also consider changes to ingredients when products have been substituted.



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## Ingredients

50% wholegrain parboiled long grain rice 50% white parboiled long grain rice

## Handling Information

### Directions for Use

Allow an average of 50g of dry rice per person. 1. Bring a large pan of water to the boil. 2. Stir in rice and return to a medium boil. Cook for 20-25 minutes, depending on your required texture. 3. Drain well, stand for 3 minutes and lightly fork through the grains before serving.

### Storage Instructions

Store in cool, ambient, pest-free conditions

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