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Laila Sella Basmati Rice - Information

Golden coloured grains of authentic parboiled Basmati Rice. Grown in the Punjab region of India and Pakistan.

TFS Product Code: 029512
Suppliers Product Code: 12688
Information Last Updated: 30/08/2023
Date Produced: 11/11/2026



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)	375.00
Energy (kJ)	1593.00
Protein (g)	8.10
Carb (g)	84.00
Of Which Sugars (g)	0.50
Fat (g)	<0.50
Of Which Saturates (g)	0.10
Fibre (g)	1.40
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.

Registered Office: Nelsons Yard, South Denes Road, Great Yarmouth, NR30 3PR, England
Company No: 07107278 VAT No: GB 986 0801 93 Directors: E. Thompson, R. Thompson, T. Thompson

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Ingredients

Basmati Rice (100%)

Handling Information

Directions for Use

Rinse the rice in cold running water before cooking. Add 60g of rice per person to a pan of boiling water. Simmer for 10 minutes whilst occasionally stirring. Cover for 3 minutes, drain and serve.

Storage Instructions

Store in a cool, dry place. Once opened, keep tightly closed and consume within the best before end date.

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