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Tilda Long Grain Rice Easy Cook - Information

Easy cook long grain

TFS Product Code: 014772
Suppliers Product Code: ELG5
Information Last Updated: 12/06/2026
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)	352.00
Energy (kJ)	1494.00
Protein (g)	8.00
Carb (g)	77.00
Of Which Sugars (g)	0.60
Fat (g)	1.00
Of Which Saturates (g)	0.20
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.

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

100% Parboiled Long Grain Rice

Handling Information

Directions for Use

COOKING INSTRUCTIONS: 1. ADD 60G OF RICE PER PERSON TO A LARGE PAN OF BOILING WATER. 2. SIMMER FOR 18-20 MINUTES. 3. DRAIN WELL AND SERVE.

Storage Instructions

STORE UNDER COOL, AMBIENT, PEST-FREE, CONDITIONS

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