

## 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:** 14/02/2026



### 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.

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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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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