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ELG5F  
01 March 2013  
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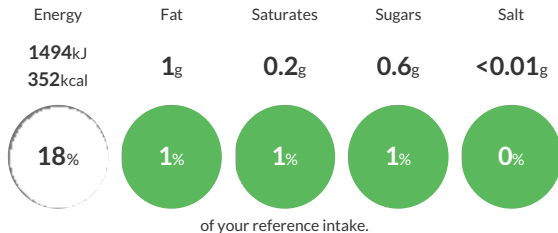
## Tilda Easy Cook Long Grain Rice 5kg

Golden Parboiled Long Grain Rice

Traded Unit GTIN: **5011157020457** Internal GTIN: **5011157020457** Supplier: **Tilda Ltd** Suppliers Product Code: **ELG5F**

### Reference Intake

Each 100g portion contains:



Typical values per 100g : Energy 1494kJ 352kcal

### Nutritional Information

Typical Values	Per 100g
Energy	1494kJ 352kCal
Carbohydrates	77g
of which sugars	0.6g
Fat	1g
of which saturates	0.2g
Fibre	1.7g
Protein	8g
Salt	<0.01g

### Allergy Information

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



#### Gluten Claim

Gluten content is less than 20ppm.

### Ingredients

100% Parboiled Long Grain Rice

### Dietary Information

Key: **Suitable for**

