
Rice shaped konjac product

Ingredients: Konjac rice (konjac flour, acidity regulators: calcium hydroxide & citric acid, tapioca syrup, tapioca starch)

Cooking Instructions: For the perfect consistency: Boil one rice portion (70g) with 250ml of lightly salted water for 10 minutes. Remove from the heat and leave the rice for another 10 minutes with the lid closed until all water is absorbed. Enjoy with a delicious sauce or some sautéed vegetables.

Nutrition facts	Per 100g (dehydrated)	Serving (200g)	%RI per portion
Energy	719Kj / 172kcal	503Kj / 120kcal	6.02%
Fat	0.0g	0.0g	0.0%
of which saturates	0.0g	0.0g	0.0%
Carbohydrates	2.7g	1.89g	0.727%
of which sugar	0.0g	0.0g	0.0%
Fiber	79.2g	55.4g	222%
Protein	0.45g	0.315g	0.63%
Salt	0.0g	0.0g	0.0%

Store in a cool, dry place

Shileo UG (haftungsbeschränkt)

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