
Rice shaped konjac product

Ingredients of the ready-to-use product: Konjac flour (18%), tapioca starch, hydroxide & citric acid tapioca sirup, acidity regulators: calcium

Cooking Instructions: For the perfect consistency: Boil one rice portion (70g) with 1000ml 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 (cooked)	Serving (200g)	%RI per portion
Energy	156kJ / 38kcal	312kJ / 76kcal	4%
Fat	0g	0g	0%
of which saturates	0g	0g	0%
Carbohydrates	0.6g	1.2g	0%
of which sugar	0g	0g	0%
Fiber	18g	36g	
Protein	0g	0g	< 1%
Salt	0g	0g	0%

Store in a cool, dry place

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