



# Brown Basmati Rice Bio 500 g Ecosana

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## Description

The **Bio Brown Basmati Rice from ECOSANA** contains exclusively rice grains of **100% origin from organic farming** to achieve a product with the maximum contribution of nutrients and at the same time respectful with the environment. It turns out to be an **organic rice very rich in fiber, vitamins B, E and K and minerals**, among which manganese stands out, which helps the perfect metabolism of proteins and carbohydrates. By preserving the **husk** containing the germ, it provides **twice the fibre** of normal rice, so it is digested more slowly and creates a greater feeling of satiety. It is also a superior source of minerals and vitamins, highlighting its content in **manganese and vitamins of group B, E and K**. This rice is very popular in Indian cuisine, due to its versatility to cook it. It can be consumed alone or with fruits, nuts, vegetables, spices or create delicious salads with oriental touches. Or if you

prefer, use it as an accompaniment to your curry dishes!

## Ingredients

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100% Organic brown basmati rice\*

\*From organic farming.

## Directions

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Use at your convenience

## Presentation

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Contains 500 g

## Warnings

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Store in a cool, dry place.

May contain traces of **Sesame, Soya, Peanut and Nuts.**

## Nutrition Facts

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Per 100 g

	Quantity / Daily dose
<b>Energetic Value</b>	<b>1529,30 kJ / 361,10 kcal</b>
<b>Fat</b> <i>of which saturated</i>	<b>2,90 g</b> <i>0,60 g</i>
<b>Carbohydrates</b> <i>of which sugars</i>	<b>74 g</b> <i>1 g</i>
<b>Fibre</b>	<b>3,50 g</b>
<b>Proteins</b>	<b>8 g</b>
<b>Salt</b>	<b>0 g</b>

## Allergen Information

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Shelled Nuts, Sesame, Soya,

# Certifications

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