



# Long Grain Brown Rice Bio 500 g Ecosana

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## Description

**ECOSANA Organic Long Grain Brown Rice** exclusively contains grains of long brown rice of **100% organic origin** to achieve a product with the maximum contribution of nutrients and at the same time respectful of the environment. By preserving the pericarp, one of the covers of the cereal grain, it has more nutritional value than white rice; providing a **source of fibre** and a superior source of minerals such as **selenium and B vitamins** such as niacin, folic acid, riboflavin and thiamine. Due to its high content of carbohydrates, it is an exceptional food for all people, no matter what sport or not, providing them with the energy and nutrients they need. It is a super **versatile** food. You can make countless dishes with it (paellas, soups, stews, as a side...). You decide how to make it. Cooking time goes from

35 to 45 minutes.

## Ingredients

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Organic long brown rice\*

\*From Organic Agriculture.

## Directions

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Use two measures of water for 1 of rice and cook for about 35-45 minutes until the rice is just right. Let it rest for 10 minutes and it will be ready to serve. As a suggestion, you can prepare it with vegetables, sautéed with mushrooms or chicken, make Cuban rice or a three delights...

## Presentation

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Contains 500 g

## Warnings

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Store in a cool, dry place.

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

## Nutrition Facts

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Per 100 g

	Quantity
<b>Energetic Value</b>	<b>1469 kJ / 353 kcal</b>
<b>Fat of which saturated</b>	<b>3,30 g 0,68 g</b>
<b>Hidratos de carbono of which sugars</b>	<b>72,30 g 0,88 g</b>
<b>Fibre</b>	<b>3,20 g</b>
<b>Proteins</b>	<b>7 g</b>

**Salt**

**0,0032 g**

## Allergen Information

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Shelled Nuts, Sesame, Soya,

## Certifications

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