



Round Grain Brown Rice Bio 500 g Ecosana

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Description

ECOSANA Organic Round Grain Brown Rice 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. By preserving the **bran layer** that contains the germ, its nutritional value is greater than white rice; providing a **greater source of fibre** that makes it digest slower and creates a greater sensation of satiety, in addition to providing a superior source of minerals such as **potassium, calcium, magnesium and vitamins of group B and D**. Due to its high content of hydrates of carbon, it is an exceptional food for all people, whether they do sports or not, providing them with the energy and nutrients they need. Because it is round rice, you can make countless dishes with it: paellas, soups, stews, salads, sauteed or use it as an accompaniment to vegetables, chicken,

mushrooms... You decide how to make it. The cooking time is 35 to 45 minutes.

Ingredients

Organic round grain brown rice*

*From Organic Agriculture.

Directions

Before cooking, it is recommended to wash it well and leave it to soak for about 4 hours before using three parts of water for each one of rice and cook for 25-30 minutes over medium-high heat, or for 35-40 minutes over heat. slow. Let it rest for 10 minutes to finish cooking with the steam 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

Contains 500 g

Warnings

Store tightly closed and in a cool, dry place.

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

Nutrition Facts

Per 100 g

Energetic Value

Fat of which saturated

Quantity

1474 kJ / 378 kcal

2,8 g 0,58 g

Carbohydrates <i>of which sugars</i>	72,7 g <i>1,07 g</i>
Fibre	3,6 g
Proteins	6,2 mg
Salt	2 mg

Allergen Information

Shelled Nuts, Gluten, Sesame, Soya,

Certifications

