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# ORGANIC BLACK WHOLEGRAIN RICE

Ingredients: Nerone rice\*.

\*From organic agriculture. Wholegrain (Brown) Rice

Cooking time: 35-40 minutes

Our black rice is an exclusive product grown in only a few farms in the area. It is a whole grain "brown" rice, fragrant and textured, that works well with hearty casseroles, fish or shellfish dishes. Simply boil in plenty of water with a pinch of salt for 35-40 minutes, drain, add butter or oil and season according to taste

## Nutritional information, typical value per 100g

Energy	1377 Kj / 325 Kcal
Fats	3.4g
Of which saturates	0.9g
Carbohydrates	63.7g
Of which sugars	1.2g
Protein	9.9g
Salt	0.002g



Net weight: 500g

Vacuum packed. Store in a cool, dry place  
Organico Realfoods, 3 City Limits, Danehill, Lower  
Earley, Reading RG6 4UP.  
Info: Tel: +44 1189 238 760 www.organico.co.uk

# Organico BLACK WHOLEGRAIN RICE

Organico  
The Grower-Maker Brand

At Organico we love good organic food. We love the sustainable values of nurturing the soil, the land, the planet. We love people who love what they do and are good at it. That's why we've made it our mission to find some of the very best organic change-makers and we're happiest when we find farmers and growers who also transform the ingredients they grow into the products we eat. That's our grower-maker philosophy. Enjoy!

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Produce of Italy

Organico  
PREMIUM WHOLEGRAIN ITALIAN  
ORGANIC BLACK RICE  
Bathed in water from the Alps



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IT-BIO-015  
Italian Agriculture

Best before: see end of pack

PREMIUM WHOLEGRAIN ITALIAN  
ORGANIC BLACK RICE  
Bathed in water from the Alps

41

13

98

48

98

47

30