



ORGANIC  
**CAMARGUE**  
RED RICE

*deliciously **nutty**, this rice is grown  
in the southern **French** wetlands  
of the *Camargue region**

500g e



## CAMARGUE RED RICE

### GB ORGANIC CAMARGUE RED RICE

Ingredients: Wholegrain Camargue Red Rice\*. \* = Certified Organic Ingredients.

Allergy advice: Not suitable for **peanut, nut, milk, sesame, gluten** and **soya** allergy sufferers due to manufacturing methods.

Store cool and dry. Best before: See top of pack.

#### Average Nutritional Values per 100g

|                    |                |
|--------------------|----------------|
| Energy             | 1475kJ/349kcal |
| Fat                | 3.4g           |
| of which saturates | 0.8g           |
| Carbohydrate       | 68.5g          |
| of which sugars    | 0.7g           |
| Fibre              | 5.6g           |
| Protein            | 8.2g           |
| Salt               | 0.004g         |

#### Cooking instructions (2 portions):

Place 125g of Camargue Red Rice and 250ml of water in a saucepan. Bring to the boil, cover with lid and reduce heat. Simmer for approx. 30-35 mins.

# 500g e

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GB-ORG-02  
EU Agriculture  
non-UK Agriculture



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Biona, 6a Lower Teddington Rd., Kingston KT1 4ER, UK  
Biona, Turfsteker 6, 8433 HT, Haulerwijk, Netherlands