

Ancient grains mix

This gluten-free mix of buckwheat, white and red quinoa, and brown and black rice will sate your appetite for longer and add some colour to your plate. Great with fish, in a colourful salad, in a stew and more.

Water, quinoa 45% (red quinoa, white quinoa), rice 40% (brown rice, black rice), buckwheat 15%.



Nutrition information (100g)

Energy 616kJ/146kcal

Fat 1.6g

Fat of which saturates 0.2g

Carbohydrate 28g

Carbohydrate of which sugars 1.1g

Fibre 2.3g

Protein 4.3g

Salt 0.04g

Preparation



Cook the frozen product in a steamer. Be careful to not overcook. Season to taste. (see timetable)



Put the desired quantity of product in a microwave bowl, cover and cook, stirring well.



Heat 1 - 2 tablespoons vegetable oil in a frying pan. Put the desired quantity of product in the frying pan and cook at medium heat stirring well.



Place in boiling water and bring back to boil. For cooking time, follow the instructions on the packaging.



We preserve nature's gifts

Logistical information (euro pallet)



1.0 kg

Item code: 10002352

Number and weight: 10x1.0 kg

Layer/cartons: 8x9

GTIN CU: 5411361175149

GTIN SU: 05411361175132

Packaging: polybag

Languages:

NL;FR;DE;UK;ES;PT;IT;DK;SE;NO;FI;GR