

SPINACH WITH RICE

INGREDIENTS

Frozen spinach, water, frozen onions, extra virgin olive oil, rice, dill, fresh lemon juice, salt, corn flour, garlic, black ground pepper.



RETAIL TRAY
HO.RE.CA TRAY



Preparation and heating instructions

For heating purposes pierce the plastic film in 4 spots and heat in a standard oven or microwave.

Following the heating time remove the plastic film.

Temperature of the product should be at least 75°C/167°F throughout. The product is consumed warm at a temperature of 60°C/140°F.



Standard oven

170°C
HEATING TIME

25'-30'



Microwave oven

750watt
HEATING TIME

3'-4'

NUTRITION INFO PER 100g

ENERGY	FAT	of which SATURATES	CARBOHYDRATES	of which SUGARS	PROTEINS	SALT
400kj 96kcal	7.1g	1.0g	5.7g	1.4g	1.7g	1.46g
5*	10*	5*	2*	2*	3*	24*

*% adult RI per 100g RI = Reference intake of an average adult (8400kj/2000 kcal)



SERVING SUGGESTION

SCAN ME

