

GREEK GASTRONOMY

SPINACH WITH RICE

INGREDIENTS

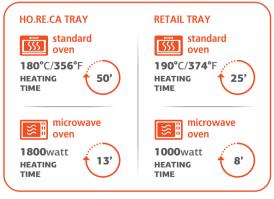
Frozen spinach, frozen onions, water, extra virgin olive oil, rice, dill, fresh lemon juice, salt, garlic, black ground pepper.



UDON VEGETARIAN FOOD VEGETARIAN VEGETA HO.RE.CA TRAY (2000g / 70.548 Oz) ALSO AVAILABLE IN RETAIL TRAY (330g / 11.64 Oz)



Take the container out of the deep freeze. Pierce the plastic film in 4 spot.



NUTRITION INFO PER 100g of which SATURATES of which SUGARS ENERGY FAT CARBOHYDRATES FIBRE PROTEINS SODIUM SALT 474kJ **8.5**g **1.2**g **6.5**g **1.7**g 1.9g **2.1**g **385**mg **0.96**g 114kcal 16* 6* 12* 6* 2* 2* 4*

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

SCAN ME

Times are indicative and may vary depending on the oven used, temperature of the food should be at least 75°C/167°F throughout. At the end of the heating time, remove the plastic film.

The product after reheating is kept warm at a temperature of over 60°C/140°F.

AFTER THE INITIAL REHEATING DO NOT REHEAT