



GREEK GASTRONOMY
TRAVELS IN A TRAY



SPINACH WITH RICE

INGREDIENTS

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



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

-
-
-
-
-
-
-
-

preparation instructions

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

HO.RE.CA TRAY		RETAIL TRAY	
	standard oven		standard oven
180°C/356°F	HEATING TIME 50'	190°C/374°F	HEATING TIME 25'
	microwave oven		microwave oven
1800watt	HEATING TIME 13'	1000watt	HEATING TIME 8'

NUTRITION INFO PER 100g

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

*% 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