


BIO FAIRTRADE LONG-GRAIN WHITE

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| Variety | Indian Parmal rice, Indica |
| Country of origin | India |
| Growing area | Central India |
| Customs Tarif number CH | 1006.3090 |
| Customs Tarif number EU | 1006.3096 |
| Shelf-life | 24 months, or expiry date on packaging |
| Storage | Cool, dry and dark |
| Composition | 100% Parmal rice |
| Broken | < 5% |
| Humidity | < 14% |
| Sensory characteristics raw / cooked | Long white grain  |
| Odour / flavour | Typical rice flavour, cereal, slightly floral |
| Cooking time approx. | About 17 minutes |
| Consistency | Grainy, slightly sticky |
| Residues of harmful substances | Pesticides, insecticides and heavy metals in compliance with Swiss + European food law |
| Genetic engineering | The product is GMO-free and has not been treated with ionizing radiation |
| Additives | No additives are used |
| Allergene | The product is allergen-free |

Food Profile

| Nutrients | 100g | 1 Portion (60g) | %GDA | GDA | * guideline daily amounts for an average adult. Nutritional requirements vary according to age, gender, physical activity, etc. |
|---------------------------------------|--------------------|-----------------|------|-----------|---|
| | | ** | * | * | |
| Energy | 1460 kJ (349 kcal) | 209 kcal | 10% | 2000 kcal | |
| Fat | 0.6 g | 0.4 g | 0% | 70 g | |
| <i>Of which saturated fatty acids</i> | 0.2 g | 0.1 g | 0% | 20 g | |
| Carbohydrates | 76 g | 46 g | 16% | 260 g | |
| <i>Of which sugar</i> | 0 g | 0 g | 0% | 90 g | |
| Dietary fibre | 3.5 g | 2.1 g | | | ** 60g of raw rice corresponds to approx. 180g of cooked rice |
| Protein | 7 g | 4 g | 8% | 50 g | |
| Salt | 0 g | 0 g | 0 % | 6 g | |

The above values are averages. Rice is a natural product and its quality therefore depends on a variety of factors. Soil composition, fertilization, climatic conditions, etc. have a direct influence on the quality of the product. It is therefore possible that individual values may sometimes be higher or lower than those indicated above. This product complies with Swiss food law in all respects.

Average microbiological values in CFU/G

Rice corresponds to the Swiss and European food law.

Each analysis can, at your request and your cost, be determined by a specialist laboratory. Because of the homogeneity of the laboratory samples, major divergences are unavoidable.

Any values determined therefore cannot always be guaranteed.

Manufacturing process

In the country of origin:

Our suppliers in India are selected according to strict criteria and guarantee impeccable products. After harvesting, the rice is dried and de-husked. We import the product as semi-raw rice or white rice and subject it to rigorous quality controls.

In Switzerland by Reismühle Nutrex:

Sieving, (grinding,) classifying, (polishing,) metal detection, colour sorting, storage, packing

Dietary information

vegetarian

vegan

System certificates

SA 8000

IFS Food

Available with the following labels

EU Bio

BIO Knospe

Fairtrade (FLO ID Nr. 1750)

Brunnen, 10.04.2024 / TF