



Code:228106

website: <http://galipo.com.au/Product/info/228106>

Fried Rice Vegetarian 24x200g Allied Chefs (GF)

HEAT & SERVE
For best results, do not remove product from packaging when heating.

Preparation: Heat at 100°C for 60 mins.
Over: Heat at 170°C for 30 mins. Microwave
Over: (Heat at 750w for 20 mins.)
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2. Place Tray in the middle of the microwave.
4. Heat additional 2 min 70w.
5. Check for 100w and serve. Do not re-heat product once reheated and served.

INGREDIENTS: Cooked Rice
Rice, Peas, Carrots, Onions, Margarine, Potato Starch, Salt.
This product contains Dairy & Soy.

NUTRITIONAL INFORMATION	
Per 100g (Serving Size 200g)	
Energy	1100kJ
Protein	10.0g
Fat	10.0g
Carbohydrate	18.0g
Fibre	1.0g
Sodium	1.0g

PORTION CONTROL 200g
Made in Australia from all natural 100% plant-based ingredients.
Foods 100% Australian Owned
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