

# ROOTY POTATO RICE 500 g

<b>Ingredients</b>	100% Finnish potatoes
<b>Storage</b>	Frozen, -18°C
<b>Shelf life</b>	24 months from date of manufacture
<b>How to cook</b>	Heat a little oil in the pan. Add the potato rice. Fry for around five minutes, stirring occasionally, until the product is completely warmed through. Season according to taste.

## 100g of the product contains an average of

<b>Energy</b>	<b>235</b>	<b>kJ</b>
	<b>55</b>	<b>kcal</b>
<b>Fat g&lt; 0.2</b>	<b>g</b>	
<b>of which</b>		
<b>are saturated fats</b>	<b>0</b>	<b>g</b>
<b>Carbohydrates</b>	<b>12</b>	<b>g</b>
<b>of which</b>		
<b>sugars</b>	<b>0.8</b>	<b>g</b>
<b>Protein</b>	<b>0.9</b>	<b>g</b>
<b>Salt</b>	<b>0.03</b>	<b>g</b>
<b>Lactose</b>	<b>0</b>	<b>g</b>