Rice-shaped konjac product

Ingredients of the ready-to-use product: Water, konjac flour (18% with 95% konjac glucomannan), tapioca starch, tapioca sirup, acidity regulators: calcium hydroxide & citric acid

Cooking instructions: Add one serving of konjac rice (70g) to 3 l water and a pinch of salt. Boil on a low heat for 20 minutes. Dain and rinse the konjac rice under hot water for about 1 min. For the perfect consistency, pack into the saucepan and leave on the warm stovetop for another 10 minutes with the lid closed.

Nutrition facts	Per 100g (cooked)	Serving (200g)**	%RI per portion
Energy	154kJ / 38kcal	307kJ / 76kcal	4%
Fat	0g	0g	0%
of which saturates	0g	0g	0%
Carbohydrates	0.6g	1.2g	0%
of which sugar	0g	0g	0%
Fiber	18g	35g	
Protein	0g	0g	< 1%
Salt	0g	0g	0%

* ca. 200g, cooked. Reference quantity for an average adult (8400 kJ / 2000 kcal)

** Corresponds to 70g, dry
Store in a cool, dry place

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Shileo GmbH
Friedrichstr. 114A
DE-10117 Berlin
Warenursprung: Indonesien, verpackt in Deutschland
www.shileo.com | facebook | instagram

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