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Erudus ID 48685fd6770d4a88addb1a83d7f5d283

Version 2.0

Status Published

170001

Tilda Cooked Frozen Easy Cook Long Grain Rice 36 x 200g

Cooked Frozen Parboiled Long Grain Rice 36x0.2g

PRODUCT DESCRIPTION

Cooked frozen parboiled long grain rice. Packed in individual portions of 200gm packed with 36 in an outer case.

Manufacturer Product Code	FEC200G
Effective Date	Nov 25, 2025
Product Type	Food
Product Category	Pasta, Rice and Noodles
Storage Type	Frozen
Erudus ID	48685fd6770d4a88addb1a83d7f5d283
Specification Type	Generic

Outer Case GTIN 05011157993911



INGREDIENTS

Ingredient Declaration

Cooked frozen parboiled long grain rice.

ALLERGENS

Product Contains:

Celery/Celery	No	Mustard	No
Cereals Containing Gluten	No	Nuts (Tree)	No
Barley	No	Almond nuts	No
Oats	No	Brazil nuts	No
Rye	No	Cashew nuts	No
Wheat (including Spelt and Khorasan)	No	Hazelnuts	No
Crustacea	No	Macadamia (Queensland) nuts	No
Eggs	No	Pecan nuts	No
Fish	No	Pistachio nuts	No
Lupin	No	Walnuts	No
Milk	No	Peanuts	No
Molluscs	No	Sesame Seeds	No
		Soybeans	No
		Sulphur Dioxide and Sulphites	No

DIET SUITABILITY

Vegan Diet	Suitable for	Vegetarian Diet	Suitable for
Halal Diet	No	Kosher Diet	No

NUTRITIONAL
INFORMATION AS
SOLD

Nutrient	per 100g	RI per 100g
Energy (kj)	508 kj	6%
Energy (kcal)	120 kcal	6%
Fat	< 0.5 g	1%
of which Saturates	< 0.1 g	1%
Carbohydrate	27 g	10%
of which Sugars	< 0.5 g	1%
Fibre	1 g	
Protein	2 g	4%
Salt	0.02 g	0%
Sodium	0 mg	

Source of Nutritional Information Manufacturers analysis

HANDLING &
STORAGE
INFORMATION

Directions For Use

Cook in a 1800w microwave from frozen, on full power for 1 minute 30 seconds. Stir product and allow to stand for 1 minute, ensuring it is fully cooked and piping hot throughout.

Storage Instructions

Keep Frozen at -18°C or lower. Do Not Refreeze

ORIGIN

Product Country of Origin Uruguay

Origin of the Primary Ingredient Uruguay

CONTACT
INFORMATION

Address

Tilda Ltd
Coldharbour Lane
RM13 9YQ
Rainham
Essex
England

michel@tilda.com
+44 (0)1708 717777

Technical

Michel Saphy
michel@tilda.com
01708 717916
Technical Manager

Commercial

Harvir Deol
harvir@tilda.com
07767115990
Regional Account Manager

Complaints

Alfred Bruin
Alfred@tilda.com
01708717919
Technical Controller

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