

Nutrition

	per 100g	per 200
Energy	693kJ/164kcal	1386kJ/328kcal
Fat	4.5g	9.1g
of which Saturates	0.6g	1.2g
Carbohydrate	27g	54g
of which Sugars	0g	0g
Protein	3.4g	6.7g
Salt	0.42g	0.84g

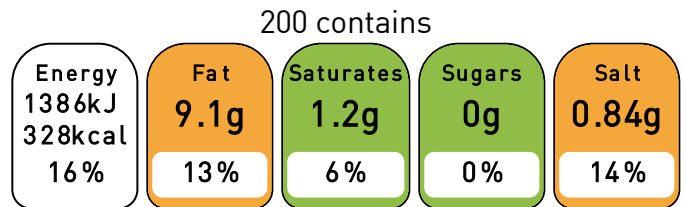
Ingredient Declaration

Rice, Noodles [WHEAT], Sunflower Oil, Salt, Black Pepper

Allergens

- Contains Gluten !
- Contains Wheat !
- Suitable for Vegans and Vegetarians

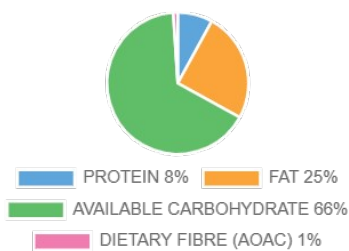
Front of Pack



of an adult's reference intake

Typical values per 100g: 693kJ/164kcal

Energy Contributions



EU Reference Intakes

Per 100g		RI Quantity	% RI	
Energy	kJ	8400	693	8%
Total Fat	g	70.0	4.5	6%
Saturates	g	20.0	0.6	3%
Carbohydrate	g	260.0	27.2	10%
Sugars	g	90.0	0.1	0%
Protein	g	50.0	3.4	7%
Salt	g	6.0	0.42	7%