

Tomato & Chilli Risotto



Nutritional Values	Per 100g	Per Pouch 300g
Energy Kj	336.0	1008.0
Energy Kcal	80.0	240.0
Protein (g)	6.8	20.4
Carbohydrate (g)	6.7	20.1
of which sugar (g)	2.6	7.8
Fat (g)	2.9	8.7
of which saturated (g)	0.7	2.1
Fibre (g)	3.5	10.5
Sodium (g)	1.2	0.5
Equivalent in salt (g)	0.4	1.1

Vegetarian



Vegan



Allergens

none

Produced in a nut free factory

Ingredients

tomatoes (35%), water, red peppers, yellow peppers, onion, brown basmati rice, tomato puree, wild rice, olive oil, shallots, white wine, garlic, cornflour, vegetable stock, sugar, sea salt, smoked paprika, black pepper, tumeric, chilli powder, basil, oregano