Supplier's Product Code :	RIC001
Product Added :	28 July 2026
Last Updated by Supplier :	28 July 2026
erudus id :	687a14bc96e94554a0cfbb11d5d32464

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Wild Rice

Short Product Name:
Wild Rice

Wild rice is the seed grain of a wetland grass (zizania aquatica) which is cured and roasted to give an even black appearance. The rice has been scarified leaving it brown and ready to cook.

Traded Unit GTIN: 5060103911998 Internal GTIN: 5060103911981 Supplier : Centaur Foods Ltd Suppliers Product Code : RIC001

Reference Intake

Each 100g portion contains:

Energy	Fat	Saturates	Sugars	Salt
1494kJ 357kcal	1.1g	0.2g	2.5g	0.02g
18%	2%	1%	3%	0%

of your reference intake.

Typical values per 100g : Energy 1494kJ 357kcal

Nutritional Information

Typical Values	Per 100g
Energy	1494kJ 357kCal
Carbohydrates	74.9g
of which sugars	2.5g
Fat	1.1g
of which saturates	0.2g
Fibre	6.2g
Protein	14.7g
Salt	0.02g

Allergy Information

Key: Contains May Contain

Does Not Contain Cereal/Gluten
Does Not Contain Milk
Does Not Contain Eggs
Does Not Contain Peanuts
Does Not Contain Nuts
Does Not Contain Crustaceans
Does Not Contain Mustard
Does Not Contain Fish
Does Not Contain Lupin
Does Not Contain Sesame
Does Not Contain Celery
Does Not Contain Soya
Does Not Contain Molluscs
Does Not Contain Sulphur Dioxide

Dietary Information

Key: Suitable for

Suitable for Vegetarian
Suitable for Vegan
May not be suitable for Kosher
May not be suitable for Halal
NO DATA for Coeliac

Ingredients

Wild Rice 100%

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