



Code:228106

website: <http://galipofoods.com.au/Product/info/228106>

Fried Rice Vegetarian 24x200g Allied Chefs (GF)

HEAT & SERVE
For best results, do not remove product from packaging when heating.

Preparation: Heat at 100°C for 60 mins.

Over: Heat at 170°C for 30 mins. Microwave

Over: (Heat at 750w for 20 mins)

1. Place tray in the middle of the microwave.

2. Place tray in the middle of the microwave.

3. Heat for 20 mins.

4. Heat additional 2 mins 70w.

5. Check for 10 mins and serve. Do not re-heat product once reheated and served.

INGREDIENTS: Cooked Rice, Onions, Peas, Carrots, Corn, Margarine, Flour, Soy, Salt.

This product contains Soy.

ALLERGEN INFORMATION:
Contains Soy, Peas, Corn, Onions, Margarine, Flour, Soy, Salt.

Energy	1000
Total Fat	10g
Total Carbohydrate	200g
Protein	10g
Fibre	5g
Sodium	100mg
Calcium	100mg
Iron	100mg
Sugar	10g

PORTION CONTROL 200g

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