



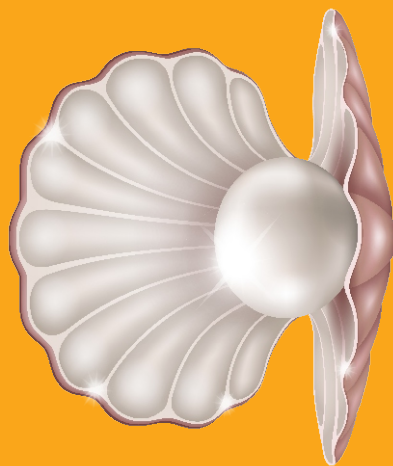
PACKING DATE:
01/2024
EXPIRY DATE:
01/2027

NET WT
10 KG

IMPORTERES
GOLDEN SADAF AS
Kløfterhagen 9c 1067 Oslo Norway



LONG GRAIN
GOLDAN SADAF AS
SELLA RICE
گولڈن صدف



NUTRITION FACTS
Serving size 1/4 Cup (45g) Serving per Container
AMOUNT PER SERVING
Calories: 160 Calories from Fat 5% Daily Value

Total Fat 0.5 g	1%
Saturated fat 0 g	0%
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrates 35 g	12%
Dietary Fiber less than 1 g	3%
Sugar 0 g	
Protein 4 g	Vitamin C0%
	Iron 0%
	Riboflavin 0%
	Folate 15%
	Niacin 9%

Percent daily values are based on a 2000 calories diet. These daily values may be higher or lower depending on your calorie needs.

	Calories	2000	2000
Total fat	Less than	65g	80g
Salt fat	less than	65g	25g
Cholesterol	Less than	65g	3000 g
Sodium	Less than	65g	2,400 g
Total Carbohydrates	65g		375 g
Dietary Fiber	65g		30 g

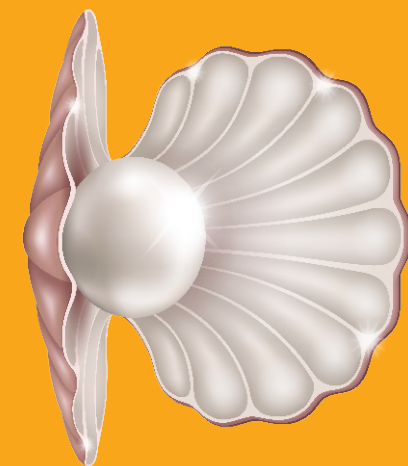
Calories per Grain : Fat* Carbohydrates 4* Protein 4*

PRODUCE OF PAKISTAN

NORSK
1. Vask og skylt risen godt først, till vannet er klart.
2. Legg riseh i lunket vann i omlag to timer.
3. Hell over i en Kasserolle med dobbelt mengde vann og rør underveis till koking.
4. Kok på lavest muling varme i ca. 10-12 minutter uten å avdekke Kasserollen.
+ ENGLISH
1. First wash and rinse the rice well until the water is clear.
2. Put the rice in lukewarm water for around 2 hours.
3. Place in a saucepan with the double amount of water and stir until it starts to boil.
4. Cook on the lowest heat for around 10-12 minutes without uncovering the pan.

دری/فارسی
اول باید برنج خوب شسته شود تا که آب آن صاف گردد
برنج برای دوساعت در آب گذاشته شود
بعدا برنج را در دیگ انداخته و دو برابر حجم برنج آب علاوه نموده
بگذارید تا برنج به جوش آید
برنج را به مدت 10 الی 12 دقیقه به حرارت خیلی کم بپزید

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