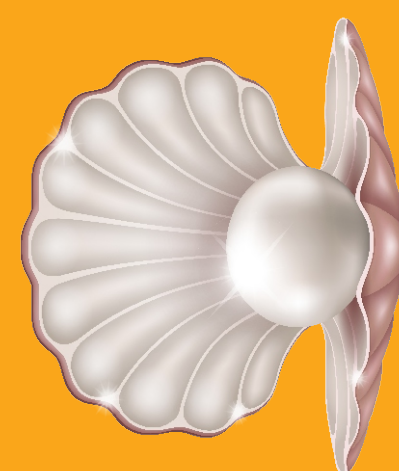




LONG GRAIN  
SELLA RICE

صداف  
SADAF RIS



#### NUTRITION FACTS

Serving size 1/4 Cup (45g) Serving per Container  
AMOUNT PER SERVING

Calories: 160	Calories form 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 A 0%		
Calcium 0%		
Thiamine 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
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 mulig varme i ca. 10-12 minutter uten å avdekke Kasserollen.

#### + ENGLISH

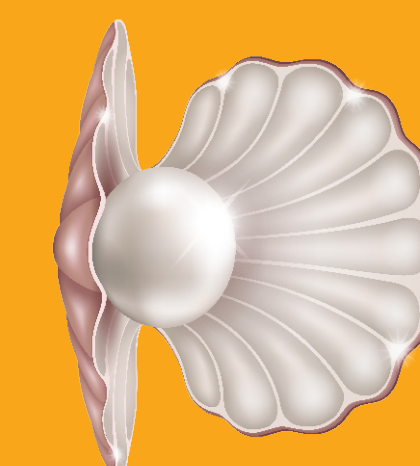
1. First wash and rinse the rice well until the water is clear.
2. Put the rice in lukewarm water for around 2 hours.
3. Place in a saucepan with the double amount of water and stir until it starts to boil.
4. Cook on the lowest heat for around 10-12 minutes without uncovering the pan.

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 دوبرابر حجم برنج آب علاوه نموده  
بگذارید تا برنج به جوش آید  
برنج را به مدت 10 الی 12 دقیقه به حرارت خیلی کم بپزید



Org.nr. 927889196  
Telf. +4745813197 +4746340927  
glommenmat@gmail.com



صداف  
SADAF RIS

LONG GRAIN  
SELLA RICE



صداف  
SADAF RIS

