Zuppa Riso Integrale e Lenticchie

MMix of cereal grains, vegetables and pulses for Organic and naturally gluten free soups



Zuppa Riso Integrale e Lenticchie brown rice and lentil soup combines the easily digestible energy of Brown Rice and the strength of Lentils in an energetic but light main dish.
Nutritional properties:
Zuppa Riso Integrale e Lenticchie is rich in fibre for a satisfying dish that helps your body's natural regularity; it is a source of protein and of complex carbohydrates, low in sugar content for long lasting energy. It is low in fat, saturated fat and very low sodium content to help maintain normal blood pressure.

- rich in fibre
- source of protein and complex carbohydrates
- low in sugar for long lasting energy
- satisfying without being filling

Senza Uova

Senza Latte

Senza Amido di Frumento

Ingredient
brown rice* 50%, green lentils* 25%, decorticated red lentils* 25%. *= organic ingredient

Characteristics	Value per 100 g
Energy kj	1424
Energy kcal	337
Fat	2,0
- of which — Saturated Fat	0,4
Carbohydrate	60,0
- of which — Sugars	1,3
Fibre	8,5
Protein	15,4
Salt	0,2