



# GREEN ISLAND RICE

*From the verdant plains of Mauritius*




Grown exclusively in the rich, volcanic soils of the island paradise of Mauritius, our unique long-grain rice is nourished by clean pure air and rainwater to give you premium quality grains with exceptional flavour.




1kg

# GREEN ISLAND RICE



*Sparkling in the crystal waters of the Indian Ocean, Mauritius offers the perfect conditions for growing premium-quality rice. Our grains flourish on dry land, fed by pure clear rainwater – a sustainable farming practice that preserves our beautiful tropical environment. Plus we guarantee our farmers a fair price.*



Green Island Rice is proven to have a lower GI than most popular rices, including basmati. It's all thanks to our unique variety of long-grain rice, which releases energy slowly so you feel fuller for longer. Naturally gluten-free, low in fat and packed with vitamins and minerals, it's the foundation of a healthy diet.

Typical Values	per 100g	
	uncooked	cooked
Energy (kJ/kcal)	813/192	813/192
Protein	5.1g	5.1g
Carbohydrate	41.7g	41.7g
(of which sugars)	trace	trace
Fat	0.6g	0.6g
(of which saturates)	0.3g	0.3g
Fibre	1.5g	1.5g
Sodium	trace	trace
Potassium	137mg	137mg

**HOW TO COOK**  
Allow 60g of rice for each person.  
1. Bring a large pan of water to the boil.  
2. Pour in the rice, adding seasoning as desired.  
3. Drain well and serve right away.


**WHY NOT TRY** Mauritian-style fragrant rice?  
For an authentic island aroma, add two teaspoons of olive oil and six cardamom pods to a 120g serving of Green Island Rice while it's cooking. Drain, remove the pods and serve.

**HOW TO STORE**  
Reseal and store in a cool, dry place.

1kg

Green Island Rice  
701 St James Court  
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BEST BEFORE



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