

**Tesco healthy eating low fat rice pudding : 440g / Tesco Stores Ltd.**

**Contributors**

Tesco (Firm)

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**DIRECTIONS:**

Serve cold straight from the can or to serve hot, empty contents into a saucepan and heat through gently. To brown, turn into a heat proof dish and place under a hot grill until golden.

**TO MICROWAVE IN A 650W OVEN:**

(Adjust cooking time according to your particular model) Microwave ovens vary. The following are guidelines only. Empty contents into a non-metallic bowl, cover and cook on Full Power for 1½ minutes. Remove from the oven and stir. Re cover and replace in the oven. Cook on Full Power for a further 1½ minutes. Stir well and check food is piping hot throughout before serving.

**SERVING SUGGESTIONS:**

Delicious served with a spoonful of your favourite jam or fresh fruit.

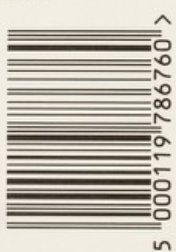
**INGREDIENTS:**

Skimmed Milk, Milk, Rice, Sugar, Acidity Regulator (Sodium Citrate), Artificial Sweetener (Acesulfame K).

**HEALTHY EATING:**

Low in Fat with a balance of Sugars and Sodium.

Nutrition Information: Typical Composition: 100g (3½oz) provides: Energy 294kJ/70kcal, Protein 3.4g, Carbohydrate 12.7g (of which sugars 6.2g), Fat 0.9g, Sodium 0.1g, Fibre 0.2g. A 220g (7½oz) serving provides Calcium 55% of the Recommended Daily Amount. This pack contains approx. 2 servings. Recyclable Steel.



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TESCO

Healthy Eating

LOW FAT  
RICE  
PUDDING

TESCO

Healthy Eating

LOW FAT  
RICE  
PUDDING

440 g e

Best Before End: See Date On Can End

SERVING  
SUGGESTION