

Tesco creamed rice pudding / Tesco Stores Ltd.

Contributors

Tesco (Firm)

Publication/Creation

Cheshunt : Tesco, 1991.

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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 dish and place under a hot grill until golden.

TO MICROWAVE IN A 650W OVEN:
 (Adjust cooking time according to your particular model.) Empty contents into a non-metallic bowl. Cover and cook on Full Power for 1½ minutes, remove from oven and stir. Replace in oven and cook for a further 1½ minutes. Stir well before serving.

SERVING SUGGESTIONS
 Try serving Tesco Creamed Rice Pudding with a spoonful of your favourite jam. Delicious with a little grated nutmeg and sultanas added.

INGREDIENTS:
 Semi-skimmed Milk, Rice, Sugar, Stabiliser (Sodium Carbonate).
 Produced in the U.K. for
 Tesco Stores Ltd., Cheshunt, EN8 9SL.
 © Tesco '91

NUTRITION

A serving approx. 1/3 of the can

Typical Composition	4 220g (7 1/2oz) serving provides	100g (3 1/2oz) provide
Energy	780kJ/187kcal	354kJ/84kcal
Protein	4.9g	2.2g
Carbohydrate	34.7g	15.8g
Sugars	21.3g	9.7g
Fat	2.3g	1.0g
Sodium	8.7g	3.9g
Fibre	0.1g	0.0g

PER 100g (3 1/2oz) (SEE PACKAGING FOR FULL NUTRITIONAL INFORMATION)

INFORMATION



TESCO

**CREAMED
 RICE
 PUDDING**

439 g e

BEST BEFORE END:
 SEE DATE ON
 CAN END

TESCO

**CREAMED
 RICE
 PUDDING**

439 g e

