

KONJAC RICE 200 g

EAN: 8437026851019 FABRICANTE: THE KONJAC SHOP



Konjac shirataki rice is gluten-free and low-calorie pasta. Konjac pasta, unlike traditional pasta, allows you to make healthy meals and follow a low-carbohydrate diet. They are perfect for any diet or simply to maintain healthy habits.

DESCRIPTION

Traditional pasta contains simple carbohydrates that can accumulate in our body, making it difficult to lose body fat. Plus, it has gluten, which can cause intestinal upset in some people.

What if a new type of pasta is now possible, with similar flavor and texture characteristics, but without its negative points?

With the healthy properties of the konjac plant it is possible. This is what this rice can do for you:

- * THEY HELP YOU IN WEIGHT LOSS: According to the EFSA (European Health Agency), the consumption of glucomannan is beneficial for weight loss.
- * FLAVOR AND TEXTURE VERY SIMILAR TO TRADITIONAL PASTA
- * HEALTHY FOOD, QUALITY INGREDIENTS AND 100% VEGETABLE
- * CARBOHYDRATE FREE, GLUTEN FREE AND ALLERGEN FREE
- * SUITABLE FOR ANY DIET.

Ingredients: purified water, amorphophallus konjac (3.6%), stabilizer (E526).

Does not contain any allergen.

Preparation:

- ? These are instant noodles, so they are ready to eat.
- ? Open the package and add a sauce or add the pasta to the recipe being prepared.
- ? It is not necessary to clarify them.

Attention: cooking the pasta does not alter its texture. For this reason, if you need to, you can cook it for the time necessary to make your recipe.



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Conservation:

- ? Keep in a cool, dry place at room temperature
- ? Refrigerate after opening and keep for a maximum of 3 days. Do not freeze

Nutritional information:

	Per 100g	%IDR*
Energy	29kj/7kcal	0.4%
Fats	<1g	1.4%
Of which saturates	<0.02g	0.1%
Carbohydrates	0.5g	0.2%
Of which sugars	<0.5g	0.6%
Dietary fiber	2.6g	10.4%
Protein	<2g	4%
Salt	0.07	1.2%

