

KONJAC RICE WITH CHICKEN AND VEGETABLES 250 g

EAN: 8437000730538 FABRICANTE: THE KONJAC SHOP



Delicious konjac rice with chicken and vegetables with balanced nutritional values, gluten-free and high in protein; ideal for losing weight or maintaining muscle mass.

DESCRIPTION

KONJAC RICE WITH CHICKEN AND VEGETABLES :

Ready to eat; Heat the tray in the microwave for 2 minutes and eat.

Doubly satiating: konjac glucomannan + protein.

Low-calorie food: 54kcal per 100g.

Low in carbohydrates and fats.

Delicious konjac rice with chicken and vegetables with balanced nutritional values, very low in calories and carbohydrates, high in protein and gluten-free. Ideal for diets low in carbohydrates and high in quality proteins, gluten-free diets and for diabetics.

This healthy meal contains **13g of protein** (chicken breast, one of the best sources of protein that exists), only **2.8g of carbohydrates** , only **1.2g of saturated fat** in the entire serving and a low **salt content, 1.8 g (Himalayan Pink Salt)**. The main ingredient in **konjac shirataki rice** is **glucomannan, a soluble fiber** with great thickening power and a very low caloric intake. Products derived from konjac are 100% of plant origin and **do not contain any allergens** . In addition to not providing net carbohydrates and containing no sugar or fat, **konjac pasta only has 7kcal per serving, making it a perfect substitute for traditional pasta** .

- It contributes to **losing weight** , partly thanks to its low calorie content.
- It increases the **feeling of satiety** , thanks to its high fiber content that expands in the stomach when ingested.
- Helps maintain **healthy cholesterol levels**.
- Positive effect on people with **type 2 diabetes** as it reduces the increase in sugar levels that occur after meals.
- **Regulates intestinal transit** and maintains and recovers intestinal flora.

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Preparation and nutritional information

Konjac Rice with Chicken and Vegetables from The Konjac Shop® and Go Natur Food® is a Mediterranean recipe, **low in carbohydrates, high in protein and with a low glycemic index**, ideal for losing weight or maintaining muscle mass.

Ingredients : Konjac 40% (purified water, amorphophallus konjac (3.6%), calcium hydroxide (natural stabilizer)), chicken 28%, tomato (tomato, sunflower oil, onion, garlic, modified starch, sugar, Himalayan Pink Salt, citric acid acidifier), zucchini, red pepper, onion, olive oil (1%) and Himalayan Pink Salt.

- Does not contain allergens.

Conservation conditions : Store in a cool, dry place (no refrigeration necessary).

Instructions for use: Heat and ready (2 min).

NUTRITIONAL VALUES (100 g)

	Per 100g	Serving (250g)
Energetic value	226kJ / 54kcal	565kJ / 135kcal
Fats	1.6g	4g
Of which: Saturated fatty acids	0.48g	1.2g
carbohydrates	1.12g	2.8g
Of which: sugars	0.8g	2 g
Proteins	8g	20g
Salt	0.72g	1.8g
Fiber	1.6g	4g

