

Protein Instant Chicken and Mushroom Rice Porridge

Perfect for the modern-day busy lifestyle, this protein-enriched and lower in sodium porridge is a wholesome and delicious meal solution.



INSTANT PORRIDGE MIX (IN READY-TO-EAT POUCH / CUP)

Ingredients	Wt (g)
Rice flakes	25
U.S. Milk Protein Concentrate 85	18
U.S. Whey Permeate	1
Inulin powder	2
Dehydrated shiitake mushrooms	4
Chicken seasoning powder	2
Fried onions, coarsely ground	4
Garlic powder	0.36
White pepper powder	0.06
Mushroom seasoning powder	1
Fine sugar	1
Soy sauce powder	1
Fine salt	1
Total	60

Direction For Use (For Consumers)

1. Add 250 ml of boiling water and stir well.
2. Allow porridge to sit for 5 mins and add garnish into porridge.
3. Mix well and consume immediately.

GARNISH (IN SACHET)

Ingredients	Wt (g)
Chicken floss, coarsely ground	1
Dehydrated spring onions	1
Total	2

Preparation of Instant Porridge Mix

1. Combine all porridge mix ingredients and mix well.
2. Pack into a pouch bag or instant cup as desired.
3. Combine chicken floss and dehydrated spring onions together. Seal in a sachet and place into the pouch or cup packaging. Seal tightly.
4. Place condiments sachet into the packaging and seal tightly.

NUTRITION CONTENT

Serving size: 60 g mix with 250 ml water (310 g)

	Per Serving	Per 100g
Energy	197.0 kcal	64.0 kcal
Protein	18.6 g	6.0 g
Total Fat	1.2 g	0.4 g
Saturated Fat	0.1 g	0 g
Trans fat	0 g	0 g
Cholesterol	0 mg	0 mg
Total Carbohydrate	28.0 g	9.0 g
Sugar	1.2 g	0.4 g
Dietary Fibre	2.0 g	0.7 g
Sodium	751.0 mg	242.0 mg
Calcium	35.7 mg	11.5 mg
Potassium	82.2 mg	26.5 mg
Iron	0.1 mg	0 mg
Vitamin D	0.1 µg	0 µg



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