

Protein Instant Spicy Prawn and Seaweed Rice Porridge

A comforting bowl of protein-enriched and lower in sodium porridge, this ready-to-eat meal consists of umami-rich ingredients to provide a deep, satisfying flavour.



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

Ingredients	Wt (g)
Rice flakes	28
U.S. Milk Protein Concentrate 85	18
U.S. Whey Permeate	1
Inulin powder	2
Toasted White Sesame Seeds, grounded	3
Dashi powder	0.21
Dehydrated onion flakes	1
Garlic powder	1
Chili flakes	0.40
Fine sugar	1
Soy sauce powder	1
Fine salt	1
Total	58

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)
Seaweed, roasted and cut into thin strips	2
Dried Japanese shrimp	2
Total	4

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 seaweed and dried Japanese shrimp 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: 58 g mix with 250 ml water (308 g)

	Per Serving	Per 100g
Energy	204.0 kcal	73.0 kcal
Protein	19.3 g	6.9 g
Total Fat	3.1 g	1.1 g
Saturated Fat	0 g	0 g
Trans fat	0 g	0 g
Cholesterol	0 mg	0 mg
Total Carbohydrate	24.7 g	8.8 g
Sugar	1.3 g	0.5 g
Dietary Fibre	2.3 g	0.8 g
Sodium	411.0 mg	147.0 mg
Calcium	42.5 mg	15.2 mg
Potassium	52.8 mg	18.8 mg
Iron	0.4 mg	0.2 mg
Vitamin D	0 µg	0 µg



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