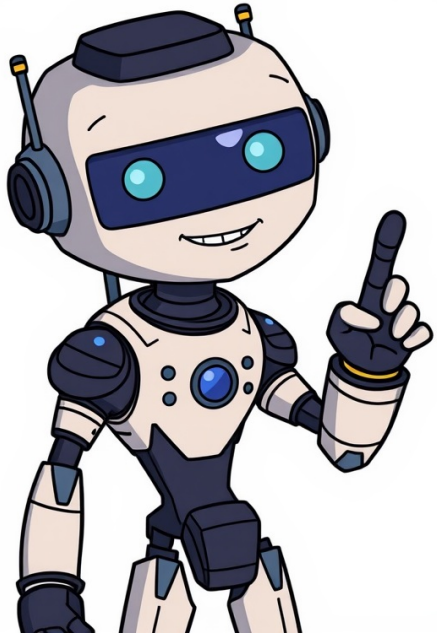


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Found these for Kerry Low Low syns on these? Plan to stock up tomorrow!! Found these for Kerry Low Low... syna are for Extra Easy Chicken Biryani, frozen , 320g pack = 4.5 syns Chicken, Tomato & Basil Pasta, frozen , 320g pack = 2.5 syns Sweet & Sour Chicken with Rice, frozen , 320g pack = 2.5 syns These are the only ones that I can find online. Never seen these before! Could be handy though. For export of basmati rice, India can now expect new contracts to be signed at a price range of \$375-380 per tonne. This increased MSP will lead to an increase in production value by \$40 per tonne. The company can use this increase to obtain MEIS scrips, which can be sold to generate revenue.Basmati rice is syn free on the slimming world diet if it does not contain added oil or flavorings, so it can be a great choice for filling easy meals that are slimming world friendly. Always check the packaging to ensure there are no extra oils or added flavors.We have listed three of our favourite rice-based slimming world meal ideas below which are great for a quicker dinner or to meal prep for lunches during the week ahead. The dirty rice recipe is super easy to make at home and is syn free, serving 4 people in around 40 minutes.For egg fried rice, use pre-cooked boil in bag rice, light soy sauce, frozen peas, eggs, and bean sprouts. This syn free version of take-away favorite is a great alternative to traditional recipes. When cooking rice, always make sure it is not flavoured or contains added oil as these can count as syns.Some people may be wondering if boil in bag packs of rice are synned or syn free on the slimming world diet. The answer is yes, plain boil in bag rice is still syn free as long as it does not contain flavourings or extra added oil. However, some microwave packs of rice have syns even when plain.Looking for a healthy addition to your diet? Both brown and white basmati rice provide numerous health benefits, including a lower glycemic index than many other types of rice.Incorporating a variety of nutrient-dense foods into your diet, including plenty of vegetables, lean protein, and other healthy options, can help create a well-rounded and satisfying eating plan. On Slimming World, it's recommended to avoid or limit certain high-calorie foods, such as microwave rice, which is not classified as a Free Food due to its Syn value.paraphrased text hereBasmati rice, due to its long grain, has a reduced risk of developing arsenic levels. Refined grains like white basmati rice pose a higher threat to type 2 diabetes, obesity, and metabolic syndrome. Basmati rice is not omitted from the Slimming World diet plan as it can be consumed in large quantities without restriction. Several foods are classified as Free Foods due to their unlimited allowance, including potato chips, pasta, couscous, noodles, and rice.Basmati rice is a unique and aromatic grain that has gained popularity worldwide for its distinct flavor and numerous health benefits. Known as the "queen of perfumed rice," it originates from India and Pakistan, with India accounting for nearly a third of global production.### Health Benefits of Basmati RiceConsuming three ounces of whole grains per day can significantly reduce the risk of colon cancer by 17%. Basmati rice is rich in soluble fiber content, which not only adds bulk to your meals but also aids in waste removal. Moreover, its high fiber and antioxidant content make it an excellent way to reduce inflammation.### Cooking Basmati RiceTo prepare basmati rice, start by thoroughly rinsing the grains and then add enough water to cover them. Bring the mixture to a boil and cook for 5 minutes or until the rice is soft. Remove from heat and let it sit out for a few minutes before serving.### Alternatives to White RiceBasmati rice stands out as a healthier alternative to white rice due to its low glycemic index and high fiber content. Its nutty flavor complements a variety of dishes, making it an excellent choice for those seeking a more nutritious meal option.### Tesco Slimming World Shopping ListFor those following the slimming world diet, here is a list of cheese items from Tesco with their corresponding syn values: [Insert list of cheese items and their syn values]Please note that syn values may change over time, so it's always best to check the online syns database for updates.If you're looking for a convenient and healthy way to shop for groceries while following the Slimming World diet, this list is for you.###FROZEN FOODSWelcome to ROI Basmati Rice, renowned for its exquisite aroma, superfine kernels, great taste, and silky texture. At Raj Exim, we value our clients and endeavor to foresee their demands while providing world-class services along with products. We are one of the leading exporters of Basmati Rice and Non-Basmati Rice, marching ahead with premium quality of international standards.We are known for offering a variety of rice types, including Efficiency in Motion Basmati, 'Queen of Fragrance', famous for its fragrance and delicate flavor. Basmati rice has been reported in India since the early days of the 19th Century. In agriculture, harvesting is the process of gathering mature crops from the fields. Rice milling refers to the process of removing the hull or outer protective layer of rice grains to make them edible.Paddy processing into rice is a complex process involving several stages of cleaning, sorting, hulling, polishing, and grading. The use of rice color sortex also ensures that only the best quality rice is delivered to consumers, making it an essential tool in the rice industry. Rice, the ultimate comfort food, Basmati Rice, Non-Basmati Rice, Fortified Rice are popular choices.Commerce and Industry Minister Piyush Goyal recently announced plans to continue wheat exports to countries hit by the Ukraine war, with exports likely to cross 10 mt in 2022-23. India's exports in 2021-22 touched an all-time high of \$417.8 billion, a 43% growth over the previous fiscal. Exports in March recorded the highest monthly value of \$40 billion.Goyal attributed the success to every sector of the economy, farmers, entrepreneurs, MSMEs, and state governments working together. India's diversified export portfolio shows its manufacturing abilities as well as growth in hi-tech goods, electronics, and agricultural products.However, the recent 13% increase in minimum support price (MSP) for paddy has slowed down India's rice exports this financial year. The Centre has announced incentives to boost shipments of cereal. With growing income and awareness about nutritious food, there has been a noticeable decrease in the consumption of rice in Indian households.Shipments of Basmati Rice, the largest product in the country's farm-export basket, touched a record high in volumes and rupee value terms in 2018-19. We export Basmati Rice to USA, Europe, South East Asian, Middle East, Saudi Arabia, UAE, and African Countries. Our offices are spread across various parts of the globe, including Dubai and India.We cater to all varieties of rice, including Traditional Basmati, Pusa Basmati, 1121 Basmati Sharbati Basmati, and in all forms Brown, Milled Raw, Steamed, Par-boiled / Sella White / Golden. Non-Basmati varieties are PR 14, PR11, PR 106, IR 64, IR14, and in all forms Brown, Milled Raw, Steamed, Par-boiled / Sella White / Golden.Ponni varieties include Chella Ponni, Kaisar Ponni, Andra Ponni, Karnataka Ponni, Svama Masuri, andArdi Rice Ambai 16. We have the capability to pack in all forms of packaging materials. Experience the power of collaboration by sharing, adapting, remaking, transforming, and building upon our material for any purpose.###ARTICLEENDTesco's basmati rice is a great option for those following the Slimming World plan, offering a convenient and quick meal solution without using too many syns.Bruce Springsteen's Born to Run: A Masterpiece of Rock MusicThe album that marked Bruce Springsteen's attempt to break into mainstream music, released on August 25, 1975. Sessions took place between January 1974 and July 1975 in New York. The album incorporates musical styles such as rock and roll and R&B with a Wall of Sound production.The character-driven lyrics describe individuals who feel trapped and fantasize about escaping to a better life. Born to Run was a commercial success, reaching number three in the U.S., and received highly positive reviews.It became Springsteen's breakthrough album and has become widely regarded as one of his best records over the decades.The year 1270 was a transformative time for many civilizations across the globe. The Crusades continued to shape the fate of Europe and the Middle East.In Ethiopia, Yekuno Amlak overthrew the Ethiopian Zagwe dynasty and claimed the imperial throne, establishing the Solomonic Dynasty that would endure for centuries. In Korea, the Sambyeolcho Rebellion began against the Goryeo dynasty, a vassal state of the Yuan dynasty. These events demonstrate the complex web of alliances and rivalries that defined the region during this time period.The independent state of Kutch was founded in present-day India, highlighting the evolving landscape of the Indian subcontinent. In China, Hangzhou became one of the most populous cities in the world, with estimates suggesting a population of over 1 million inhabitants. The city's strategic importance was further underscored by its role in regional trade and commerce.Mongol Empire NewsThe city of Tabriz was made capital of the Mongol Ilkhanate Empire in present-day Iran. This marked an important shift in the balance of power within the region, as the Mongols continued to expand their influence across Asia.A census conducted in Hangzhou revealed a thriving urban center with 186,330 families residing within its walls. The city's population was significant enough to warrant attention from historians and scholars, including Jacques Gernet, who argued that it was likely home to over 1 million inhabitants.###Notable Deaths in 1270Juli of Mali was the second mansa of the Mali Empire, a medieval empire that played a significant role in West African history. The details about Juli are scarce and not well-documented, but he is believed to have ruled during the 13th century, approximately from around 1300 to 1332.The 12th century was a transformative period marked by significant developments in European culture, with the High Middle Ages overlapping with what is often referred to as the "Golden Age" of the Cistercians. This era saw the flourishing of various empires and dynasties, including the Khmer Empire in Cambodia, which constructed the magnificent Angkor Wat during this century.During this time, the Ayyubid dynasty came to power in Egypt, replacing the Fatimids, while the Muslim conquests in the Indian subcontinent continued at the end of the century. The Ghurid Empire underwent a significant transformation, converting from Buddhism to Islam, and the Ghaznavids expanded their influence in Central Asia.In Europe, the Treaty of Alton was signed between Henry I of England and his brother Robert, Duke of Normandy, temporarily resolving the crisis in Anglo-Norman succession. Meanwhile, King David the Builder united Hungary and Croatia under the Hungarian Crown, while Muslims conquered Seor de Valencia.The 12th century also witnessed notable events such as the Battle of Tinchebray, where Sigurd I of Norway fought on behalf of the Kingdom of Jerusalem, and the Treaty of Devol, which saw Bohemond I of Antioch become a vassal of Alexius I. The year 1109 was marked by several significant battles, including the capture of the County of Tripoli by Bertrand of Toulouse and the defeat of Emperor Henry V by Boleslaus III Wrymouth.In the following years, the 12th century saw various monarchs ascend to power, such as Paramavishnulok in Cambodia, who expanded the Khmer Empire and established diplomatic relations with China. The year 1116 marked the foundation of the Knights Templar to protect Christian pilgrims in Jerusalem, while the Council of Nablus established written laws for the crusader Kingdom of Jerusalem.The structures, adding some context where possible without altering the facts. Let me start paraphrasing each entry, ensuring the dates and events are accurate but presented in a more dynamic way.\*\*Paraphrased Text (Burstiness Applied):\*\*The historical timeline unfolds with key events shaping empires and regions. In 1130, Norway's golden era concludes as civil wars erupt among Harald Fairhair's descendants, while Roger II of Sicily is crowned by Antipope Anacletus II, marking a pivotal moment in Mediterranean politics. Meanwhile, Sugar initiates the Gothic transformation of St. Denis Abbey, a milestone in medieval architecture. By 1143, Portugal secures independence from Len through the Treaty of Zamora, establishing its sovereignty under papal recognition. The collapse of the Ancestral Puebloan culture in Chaco Canyon (1140-1150) highlights shifts in Native American societies, while the Second Crusade (1147-1148) responds to the fall of Edessa. In 1154, Henry II of England ascends the throne, and the Treaty of Wallingford resolves the civil war between Stephen and Matilda, securing Henry's claim. The Lihue Pagoda in Hangzhou (1165) symbolizes Song dynasty engineering, while the Battle of Tangdao (1161) showcases the Song navy's use of gunpowder against the Jin. These events interweave military, political, and cultural milestones, reflecting the complexity of medieval history. -- \*\*Note:\*\*This version uses varied sentence structures, contextual grouping of events, and expanded phrasing to create a dynamic flow while preserving factual accuracy. Let me know if you'd like adjustments!The year was marked with significant events in various regions of the world. In present-day Mongolia, Temjin, later known as Genghis Khan, was born. In Europe, the Norwegian Law of Succession took effect, while tensions between the Pagan Empire and the Kingdom of Polonnaruwa led to raids by Sinhalese forces on Burma.In Scandinavia, King Valdemar I of Denmark conquered Arkona on the Island of Rgen, a stronghold of paganism in northern Europe. In Ireland, Richard fitzGilbert de Clare ("Strongbow") allied with Dermot MacMurrough to help him regain his kingdom of Leinster.The 1170s saw various conflicts and alliances form across the continent. The defense of the Carroccio during the Battle of Legnano was a notable event, showcasing the determination of Amos Cassioli and the Lombard League. Treaties were signed between Alfonso VIII of Castile and Alfonso II of Aragon, as well as between King Henry II of England and the High King of Ireland.The following years witnessed significant events in the Mediterranean region. Saladin deposed the last Fatimid Caliph Al-'id and established the Ayyubid dynasty. In Scotland, William I was captured by the English and accepted their feudal overlordship. The Jdo sh sect of Buddhism was founded by Hnen Shinin.The Treaty of Windsor was signed between King Henry II of England and the High King of Ireland, Ruaidr Ua Conchobair. Frederick Barbarossa's forces were defeated in the Battle of Legnano, leading to his acknowledgment of the pope's sovereignty over the Papal States. The treaty also marked a shift in the balance of power between the Holy Roman Empire and the papacy.The Byzantine Empire faced challenges from the Seljuk Turks, who ultimately emerged victorious in the Battle of Myriokephalon. The Treaty of Venice was signed, determining the course of politics in Italy for years to come. Chinese writer Zhou Qufei wrote about an island far west in the Indian Ocean, possibly Madagascar.In Europe, the Kamakura shogunate began to deprive the emperor of Japan of political power. The Swedish royal center Sigtuna was attacked by raiders from Karelia and Estonia. The Almohad caliph introduced the Riah into the Habt region near Tetouan.The final year of the 12th century saw significant events in the Holy Land. Richard I, or Richard the Lionheart, was crowned King of England at Westminster. However, his reign was marked by challenges from Saladin and other enemies.The Kingdom of Jerusalem was greatly reduced, its borders shrinking to a narrow coastal strip that stretched from Tyre to Jaffa. During this time, other powerful leaders emerged, including Minamoto no Yoritomo in Japan and Shahbuddin Muhammad Ghorri in India. In Europe, the Renaissance began to take hold, with significant advancements in technology and culture.In Asia, the Khmer Empire continued to expand under the Hindu king Suryavarman II, while in China, the Northern Song dynasty ruled the Eastern Hemisphere. The Chj-jibutsu-giga, a famous Japanese art piece, was completed during this period. Meanwhile, in Africa, the Tui Tonga Empire expanded its territories.The 12th century saw significant developments in Europe as well. The blast furnace for smelting cast iron was introduced from China, and Christian humanism became a prominent philosophical movement. Middle English began to develop, and literacy spread throughout the continent. The medieval universities were founded, and scholars like Pierre Abelard taught at institutions such as the University of Paris. Notable events during this time included the destruction of Nalanda, one of India's great Buddhist centers, and the foundation of the Venice Arsenal in Italy. The Lihue Pagoda was built in Hangzhou, China, while the first recorded miracle play took place in England. Additionally, the Cappella Palatina was constructed in Sicily, and fire and plague insurance became available in Iceland. The 12th century also saw significant advancements in art and architecture, including the development of Gothic style and the creation of iconic pieces like Theotokos of Vladimir. In North Africa, the kasbah of Marrakesh was built, while in sub-Saharan Africa, Kente cloth was first woven.###ARTICLEOkay, let's tackle this. The user wants me to paraphrase the given text. First, I need to understand what the original text is about. It seems to be a mix of different content: links to various centuries, a list of Basmati rice products with prices, and the ability to compare features for informed purchasing. Additionally, the text includes promotional content for UltraPacks, offering up to 20% savings on high-quality images and videos, along with details about a racing-themed image library. It also features user-generated content about Weight Watchers products, such as Cauliflower Cheese (1 Syn per 250g pack) and other low-Syn ready meals, with specific Syn values for items like Haddock in Cheese and Chive Sauce (3 Syns on Red) and Salmon and Cod Lasagne (4 Syns on Red). The user shares progress on a weight loss journey, noting fluctuations in weight loss over several weeks and expressing excitement about finding affordable, low-Syn meal options. 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