[CLAIMS]

[Claim 1]

A microwavable packaged frozen rice comprising a susceptor and frozen rice,

wherein the susceptor is in contact with the frozen rice and transfers heat to the frozen rice, and

wherein the frozen rice has a volume ratio (volume/area) to a contact area with the susceptor of 16 mm to 45 mm.

[Claim 2]

The microwavable packaged frozen rice of claim 1, wherein the susceptor has an average temperature of 85℃ to 130℃, or a maximum temperature of 100℃ to 150℃ when the packaged frozen rice is heated in a microwave oven.

[Claim 3]

The microwavable packaged frozen rice of claim 1, wherein the frozen rice has a color difference (ΔE) according to the CIE Lab of 3 or higher when heating the packaged frozen rice in the microwave oven, as compared with when heating packaged frozen rice without the susceptor under the same condition.

[Claim 4]

The microwavable packaged frozen rice of claim 1, wherein the frozen rice has a moisture content of 40 wt% to

58 wt%.

[Claim 5]

The microwavable packaged frozen rice of claim 1, wherein the frozen rice has an oil content of 2 wt% to 10 wt%.

[Claim 6]

The microwavable packaged frozen rice of claim 1, wherein the frozen rice contains the oil in a content of 0.5 part by weight to 22 parts by weight based on 100 parts by weight of the moisture.

[Claim 7]

The microwavable packaged frozen rice of claim 1, wherein the frozen rice has any one shape selected from the group consisting of a cylinder, a cone, a truncated cone, a polygonal prism, a polygonal pyramid, a truncated polygonal pyramid, a sphere, and a truncated sphere.

[Claim 8]

A manufacturing method for a microwavable packaged frozen rice comprising:

preparing a frozen rice; and

contacting the frozen rice and a susceptor so that the frozen rice has a volume ratio (volume/area) to contact area with the susceptor of 16 mm to 45 mm.