

Gluten Free
GMO Free



Brown & Wild Rice

Gluten Free

Ingredients

Parboiled long-grain brown rice, wild rice

Cooking Instructions

1. In a large pot, combine 1 cup Floating Leaf Brown & Wild Rice and 2 cups of water. Bring to a boil.
2. Cover, reduce heat to medium and simmer for 30 - 35 mins.
3. Remove from heat & let stand, covered for 5 mins.
4. Fluff with fork and serve. Serves 4 - 6.

Refer to manufacturer's instructions to prepare rice in a rice cooker.

- 30 minute consistent cook
- Unseasoned
- High in protein
- 20% natural wild rice
- long grain tempered brown rice for increased holding time and nutrients
- Ziplock package for freshness and convenience

UNIT
SIZE

CASE
PACK

2.5 kg

2

Nutrition Facts Valeur nutritive

Per 1/4 cup (45 g) / pour 1/4 tasse (45 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 160	
Fat / Lipides 1 g	2%
Saturated / saturés 0.2 g	1%
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	0%
Sodium / Sodium 3 mg	1%
Carbohydrate / Glucides 34 g	11%
Fibre / Fibres 2 g	8%
Sugars / Sucres 0 g	
Protein / Protéines 4 g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium	0%
Iron / Fer	4%



Restaurant quality



30 mins. 2.5 kg



Floating Leaf
eatwildrice.ca

