

Gluten Free
GMO Free



Canadian Family Business

Wild Rice & Quinoa

Whole Grain & Lentils

Gluten Free

Ingredients

White sorghum, wild rice, parboiled brown rice, red lentils, white quinoa.

Cooking Instructions

1. In a large pot, combine 1 cup Floating Leaf Wild Rice & Quinoa and 4 cups of water or broth. Bring to a boil.
2. Boil, uncovered for 5 minutes.
3. Cover, reduce heat to medium, and cook for 20 minutes.
4. Remove from heat & let stand, covered, for 5 minutes.
5. Drain. Serves 4-6.

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

- Consistent 30 minute cook time
- High in Protein
- Healthiest blend on the market
- 5 unique textures, 5 different flavours
- Multi-use: salads, side dish, soups, stuffing
- Ziplock package for freshness and convenience
- Excellent source of fibre, carbohydrates and energy
- Suitable for vegans

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
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Calories / Calories 160	
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Fat / Lipides 1.5 g	2%
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Saturated / saturés 0.2 g	1%
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+ Trans / trans 0 g	
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Omega-6/oméga-6 0.5g	
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Omega-3/oméga-3 0.1g	
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Cholesterol / Cholestérol 0 mg	0%
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Sodium / Sodium 3 mg	1%
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Potassium / Potassium 180 mg	5%
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Carbohydrate / Glucides 32 g	11%
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Fibre / Fibres 3 g	12%
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Sugars / Sucres 1 g	
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Protein / Protéines 6 g	
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Vitamin A / Vitamine A	0%
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Vitamin C / Vitamine C	0%
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Calcium / Calcium	2%
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Iron / Fer	10%
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Thiamine / Thiamine	10%
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Vitamin B6 / Vitamine B6	8%
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Folate / Folate	15%
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Phosphorus / Phosphore	15%
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Magnesium / Magnésium	20%
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Zinc / Zinc	15%
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Selenium / Sélénium	8%
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Copper / Cuivre	10%
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Manganese / Manganèse	35%
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Restaurant quality

30 mins.

2.5 kg



Floating Leaf

eatwildrice.ca

