

Gluten Free
GMO Free



Quinoa & Split Pea

A Whole Grain Blend

Gluten Free



Ingredients

Brown rice, hulled millet, yellow split peas, wild rice, quinoa

Cooking Instructions

1. Place blend and 332 mL (2:1 ratio) of water in a small pot, covered and bring to a boil on medium high heat (approximately 6 minutes).
2. Cover and simmer on low medium heat for 15 minutes.
3. Remove from heat and let stand covered for 5 minutes.

- Consistent cook time
- Conventional blend ideal for everyday restaurants
- Side dishes, salads
- Zip-lock packages for freshness and convenience
- Cholesterol free
- Sodium free
- Non GMO

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 1.5 g	2%
Saturated / saturés 0.3 g	2%
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	0%
Sodium / Sodium 4 mg	1%
Potassium / Potassium 170 mg	5%
Carbohydrate / Glucides 32 g	11%
Fibre / Fibres 3 g	12%
Sugars / Sucres 1 g	
Protein / Protéines 5 g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium	2%
Iron / Fer	8%
Thiamine / Thiamine	6%
Vitamin B6 / Vitamine B6	6%
Phosphorus / Phosphore	8%
Magnesium / Magnésium	15%
Zinc / Zinc	6%
Selenium / Sélénium	8%
Manganese / Manganèse	35%



Restaurant quality

Floating Leaf
eatwildrice.ca



UNIT SIZE	CASE PACK
2.5 kg	2

