

Gluten Free
GMO Free



Canadian Family Business

White & Wild Rice

Portobello Mushrooms

Gluten Free

Ingredients

Parboiled long-grain white rice, wild rice, Portobello mushrooms. May Contain Naturally Occurring Sulfur Compounds

Cooking Instructions

1. In a large pot, combine 1 cup Floating Leaf White & Wild Rice with Portobello Mushrooms and 2 cups of water. Bring to a boil.
2. Cover, reduce heat to medium and simmer for 25 - 30 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.

- 25 minute consistent cook
- Unseasoned
- High in protein
- 20% natural wild rice
- Long grain tempered white rice for increased holding time and nutrients
- Dehydrated portobello mushrooms value added
- 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 170 | |
| Fat / Lipides 0.5 g | 1% |
| Saturated / saturés 0.1 g | 1% |
| + Trans / trans 0 g | |
| Cholesterol / Cholestérol 0 mg | 0% |
| Sodium / Sodium 2 mg | 1% |
| Carbohydrate / Glucides 36 g | 12% |
| Fibre / Fibres 1 g | 4% |
| Sugars / Sucres 0 g | |
| Protein / Protéines 4 g | |
| Vitamin A / Vitamine A | 0% |
| Vitamin C / Vitamine C | 0% |
| Calcium / Calcium | 2% |
| Iron / Fer | 4% |



Restaurant quality



25mins. 2.5kg



Floating Leaf
eatwildrice.ca

