

Gluten Free
GMO Free



White & Wild Rice

Gluten Free

Ingredients

Parboiled long-grain white rice, wild rice

Cooking Instructions

1. In a large pot, combine Floating Leaf White & Wild Rice and 2 cups water. Bring to a boil.
2. Cover, reduce heat to medium and simmer for 25 - 30 minutes.
3. Remove from heat & let stand, covered for 5 minutes.
4. Fluff with fork and serve.

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
- Ziplock package for freshness and convenience



Restaurant quality



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 + Trans / trans 0 g	1%
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	2%

25mins. 2.5kg



Floating Leaf
eatwildrice.ca

