

Naturally
Gluten Free
GMO Free



Pure Wild Rice in minutes!



10 mins.

Heat. Season. Serve. Enjoy!

Cooking Instructions

1. Combine 1 1/2 cups (approx. 100 g Floating Leaf wild rice with 2 cups (approx. 500 mL) of water in a large saucepan.
2. Stir briefly to fully submerge the rice in water.
3. Cover and bring to gentle boil on medium heat.
4. Time for 10-12 minutes.
5. Turn off heat and leave the saucepan on heat source for 5-6 minutes or longer depending on desired texture.
6. Drain excess water.
7. Serve or season and serve.

Features

Kosher
GMO FREE
High in protein
Good source of fibre
Ready in minutes
Nutty flavour
Unique texture

Benefits

Convenient, Healthy, Versatile

Suggested Application

Entrée, Soup, Salad, Ingredient

UNIT SIZE	CASE PACK
1 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 0.5 g	1%
Saturated / saturés 0.1 g + Trans / trans 0 g	1%
Cholesterol / Cholestérol 0 mg	0%
Sodium / Sodium 3 mg	1%
Carbohydrate / Glucides 34 g	11%
Fibre / Fibres 3 g	12%
Sugars / Sucres 1 g	
Protein / Protéines 7 g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium	0%
Iron / Fer	6%

A little makes alot!

Expands 3-4 times
when cooked.

eatwildrice.ca

