

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



Restaurant quality

## Benefits

Convenient, Healthy, Versatile

## Suggested Application

Entrée, Soup, Salad, Ingredient

UNIT SIZE	CASE PACK
100 g	10

## Nutrition Facts Valeur nutritive

Per 1/4 cup (45 g) / pour 1/4 tasse (45 g)

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 160	
<b>Fat / Lipides</b> 0.5 g	1%
Saturated / saturés 0.1 g + Trans / trans 0 g	1%
<b>Cholesterol / Cholestérol</b> 0 mg	0%
<b>Sodium / Sodium</b> 3 mg	1%
<b>Carbohydrate / Glucides</b> 34 g	11%
Fibre / Fibres 3 g	12%
Sugars / Sucres 1 g	
<b>Protein / Protéines</b> 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](http://eatwildrice.ca)

