

Gluten Free
GMO Free



Wild Rice

Gluten Free

Ingredients

Organic wild rice - from certified Canadian lakes

Cooking Instructions

1. In a large pot, combine 1 cup Floating Leaf Wild Rice and 4 cups of water. Bring to a boil.
2. Reduce heat, cover & boil for 30 minutes.
3. Turn off heat & let stand, covered for 30 minutes.
4. Drain.
5. Yields 10 x 1/3 cup servings.

Refer to manufacturer's instructions to prepare rice in a rice cooker.

- Canadian Organic
- High in Protein
- 100% whole grain
- **Grade A** - Roasted to perfection!
- Elegant dark colour, unique texture
- Naturally saturated fat free & cholesterol free
- Wonderful nutty flavour
- Ziplock package for freshness and convenience
- Excellent source of fibre, carbohydrates and energy
- Suitable for vegans

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 160

| | |
|----------------------------|-----------|
| Fat / Lipides 0.5 g | 1% |
|----------------------------|-----------|

| | |
|---------------------------|----|
| Saturated / saturés 0.1 g | 1% |
| + Trans / trans 0 g | |

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|---------------------------------------|-----------|
| Cholesterol / Cholestérol 0 mg | 0% |
|---------------------------------------|-----------|

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|-----------------------------|-----------|
| Sodium / Sodium 3 mg | 1% |
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|-------------------------------------|------------|
| Carbohydrate / Glucides 34 g | 11% |
|-------------------------------------|------------|

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|--------------------|-----|
| Fibre / Fibres 3 g | 12% |
|--------------------|-----|

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|---------------------|--|
| Sugars / Sucres 1 g | |
|---------------------|--|

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|--------------------------------|--|
| Protein / Protéines 7 g | |
|--------------------------------|--|

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|------------------------|----|
| Vitamin A / Vitamine A | 0% |
|------------------------|----|

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|------------------------|----|
| Vitamin C / Vitamine C | 0% |
|------------------------|----|

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|-------------------|----|
| Calcium / Calcium | 0% |
|-------------------|----|

| | |
|------------|----|
| Iron / Fer | 6% |
|------------|----|



Restaurant quality



2.5 kg



Floating Leaf
eatwildrice.ca

