



20 MINUTE WILD RICE

www.eatwildrice.ca

UNIT SIZES: 2.5 kg, 5kg, 10kg, 25kg COOK TIME: 20 minutes

INGREDIENTS

Wild Rice grown in the USA

COOKING INSTRUCTIONS

In a large pot, combine 1 cup of wild rice and 4 cups of water. Bring to a boil. Reduce heat to low simmer, COVER and cook for 20 minutes. Remove from heat and let stand until desired texture is reached. Strain and enjoy.

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	
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%



PRODUCT HIGHLIGHTS

- Unseasoned
- Ancient Grain
- Use as a rice replacement
- Use in salads, soups, sides, and entrees

