



# BROWN CHUSEI CALROSE

www.eatwildrice.ca

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

## INGREDIENTS

Grown in USA

## COOKING INSTRUCTIONS

In a pot combine 1 cup rice and 2 cups of water. Bring to a boil. Reduce heat to low simmer, COVER and cook for 20 minutes. Remove from heat and let stand for 5 minutes. Add more water if needed to reach desired texture.



## Nutrition Facts

### Valeur nutritive

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

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 150	
<b>Fat / Lipides</b> 1.5 g	<b>2 %</b>
Saturated / saturés 0.3 g + Trans / trans 0 g	<b>2 %</b>
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium / Sodium</b> 4 mg	<b>0 %</b>
<b>Carbohydrate / Glucides</b> 35 g	<b>12 %</b>
Fibre / Fibres 3 g	<b>10 %</b>
Sugars / Sucres 1 g	
<b>Protein / Protéines</b> 3 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	4 %

## PRODUCT HIGHLIGHTS

- Nutty with a great chew
- Brown rice is a natural choice for side dish, salads and bowls,

