



BROWN PARBOILED PURE

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)
pour 1/4 tasse (45 g)

	% Daily Value*
	% valeur quotidienne*
Calories 170	
Fat / Lipides 1 g	1 %
Saturated / saturés 0.2 g	1 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 35 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 3 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0 %
Potassium 100 mg	2 %
Calcium 0 mg	0 %
Iron / Fer 0.5 mg	3 %

*5% or less is a little, 15% or more is a lot
*5 % ou moins c'est peu, 15 % ou plus c'est beaucoup

PRODUCT HIGHLIGHTS

- Consistent cook time 20 min
- Ideal for everyday restaurants
- Side dishes, salads
- Zip-lock packages for freshness and convenience
- Cholesterol Free
- Sodium Free
- Non-GMO

