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# BROWN RICE LONG GRAIN ORGANIC

UNIT SIZES: 2.5 kg, 5kg, 10kg, 25kg COOK TIME: 40 minutes

## INGREDIENTS

Grown in USA

## COOKING INSTRUCTIONS

In a pot combine 1 cup of blend and 2 cups of water. Bring to a boil. Reduce heat to low simmer, COVER and cook for 40 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)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories 170</b>	
<b>Fat / Lipides 1.5 g</b>	<b>2 %</b>
Saturated / saturés 0.3 g	2 %
+ Trans / trans 0 g	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium / Sodium 0 mg</b>	<b>0 %</b>
<b>Carbohydrate / Glucides 34 g</b>	<b>11 %</b>
Fibre / Fibres 2 g	8 %
Sugars / Sucres 0 g	
<b>Protein / Protéines 3 g</b>	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	4 %

## PRODUCT HIGHLIGHTS

- Consistent cook time ideal for everyday healthy side dishes
- Zip-lock packages for freshness and convenience
- Cholesterol Free
- Sodium Free
- Non-GMO

