



BROWN & WILD BLEND

www.eatwildrice.ca

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

INGREDIENTS

Brown parboiled long grain, wild rice

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 25 minutes.

Remove from heat and let stand for 5 minutes.

To Prepare in rice cooker please follow cookers instructions and use same water ratios.

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 Teneur	% Daily Value % valeur quotidienne
Calories / Calories 160	
Fat / Lipides 1 g	2 %
Saturated / saturés 0.2 g + Trans / trans 0 g	1 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 3 mg	0 %
Carbohydrate / Glucides 34 g	11 %
Fibre / Fibres 2 g	8 %
Sugars / Sucres 0 g	
Protein / Protéines 4 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	4 %
Thiamine / Thiamine	15 %
Vitamin B6 / Vitamine B6	10 %
Folate / Folate	6 %
Phosphorus / Phosphore	15 %
Magnesium / Magnésium	25 %
Zinc / Zinc	10 %
Selenium / Sélénium	20 %
Copper / Cuivre	6 %
Manganese / Manganèse	80 %

PRODUCT HIGHLIGHTS

- Consistent cook time 25 mins
- Conventional blend ideal for everyday restaurants
- Side dishes, salads
- Zip-lock packages for freshness and convenience
- Cholesterol Free
- Sodium Free
- Non-GMO

