



FARRO

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

INGREDIENTS

Canadian grown Farro

COOKING INSTRUCTIONS

Cook Like Pasta: Fill large pot with water and add desired amount of farro. Bring to a boil. Cook for 40 mins depending on desired texture. Strain.

Stove Top:

1. Measure 1.5 cup Floating Leaf Farro into a fine mesh sieve and rinse with cold water. Drain.
2. Transfer to a medium sized pot that has a lid.
3. Add 4 cups of water or broth, add 1/4 tsp salt. Bring to a boil over high heat.
3. Reduce heat to low, cover and cook for 40 minutes until it is softened but still chewy.
5. Drain any remaining liquid from the pot.

Nutrition Facts	
Valeur nutritive	
Per 100 g pour 100 g	
Calories 340	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 2 g	3 %
Saturated / saturés 0.4 g	
+ Trans / trans 0 g	2 %
Carbohydrate / Glucides 75 g	
Fibre / Fibres 13 g	46 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 11 g	
Cholesterol / Cholestérol 0 mg	
Sodium 2 mg	1 %
Potassium 450 mg	10 %
Calcium 30 mg	2 %
Iron / Fer 5.5 mg	31 %
*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

- Organic
- Unseasoned
- Consistent cook time
- Ancient grain
- Use as a rice replacement
- Hearty, chew texture
- Rich & nutty flavour
- Canadian grown
- Multi-use: Salads, soups, side dishes, entrées

