



# HEMP MACARONI

www.eatwildrice.ca

UNIT SIZES: 2.5 kg, 5kg, 10kg, 25kg COOK TIME: 6 minutes

## INGREDIENTS

Hemp, free run eggs, semolina durham wheat flour

## COOKING INSTRUCTIONS

1. Fill a large pot with water and bring to a boil
2. Add 1 Tbsp of salt.
3. Add pasta to boiling water and cook for 6-8 minutes to al dente. cook longer for softer texture. Stir occasionally
4. Drain
5. Top with your favourite pasta sauce & serve.



Nutrition Facts / Valeur nutritive	
Per 1 cup (85 g) / pour 1 tasse (85 g)	
<b>Calories 270</b>	<b>% Daily Value*</b>
<b>Fat / Lipides 4.5 g</b>	<b>6 %</b>
Saturated / saturés 1 g	
+ Trans / trans 0 g	<b>5 %</b>
Omega-6 / oméga-6 1.5 g	
Omega-3 / oméga-3 0.4 g	
Monounsaturated / monoinsaturés 0.8 g	
<b>Carbohydrate / Glucides 45 g</b>	
Fibre / Fibres 2 g	<b>7 %</b>
Sugars / Sucres 0 g	<b>0 %</b>
<b>Protein / Protéines 10 g</b>	
<b>Cholesterol / Cholestérol 80 mg</b>	
<b>Sodium 25 mg</b>	<b>1 %</b>
Potassium 30 mg	<b>1 %</b>
Calcium 20 mg	<b>2 %</b>
Iron / Fer 2 mg	<b>11 %</b>
Vitamin A / Vitamine A 50 mcg	<b>6 %</b>
Vitamin E / Vitamine E 1 mg	<b>7 %</b>
Thiamine 0.35 mg	<b>29 %</b>
Riboflavin / Riboflavine 0.35 mg	<b>27 %</b>
Niacin / Niacine 4 mg	<b>25 %</b>
Vitamin B12 / Vitamine B12 0.225 mcg	<b>9 %</b>
*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

- Source of energy
- Low in saturated fat
- Free of trans fatty acid
- Source of Omega-3 polyunsaturated fat
- Low in sodium
- Source of fibre
- Source of iron, Vitamins A, E, B12
- Excellent source of Thiamine, Riboflavin, Niacin
- Textured to hold sauce
- Only 3 ingredients



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