



HULLED HEMPSEED

www.eatwildrice.ca

UNIT SIZES: 2.5 kg, 5kg, 10kg, 25kg COOK TIME: Ready to eat!

INGREDIENTS

Canadian grown hulled hempseed

COOKING INSTRUCTIONS

1. Ready to eat.
2. Refrigerate once opened and seal with zip lock top.



Nutrition Facts / Valeur nutritive	
Per 100 g pour 100 g	
	% Daily Value* % valeur quotidienne*
Calories 610	
Fat / Lipides 52 g	69 %
Saturated / saturés 4 g	
+ Trans / trans 0 g	20 %
Polyunsaturated / polyinsaturés 40 g	
Omega-6 / oméga-6 29 g	
Omega-3 / oméga-3 10 g	
Monounsaturated / monoinsaturés 5 g	
Carbohydrate / Glucides 5 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 32 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0 %
Potassium 1200 mg	26 %
Calcium 75 mg	6 %
Iron / Fer 11 mg	61 %
Vitamin E / Vitamine E 0.75 mg	5 %
Thiamine 1.15 mg	96 %
Riboflavin / Riboflavine 0.25 mg	19 %
Niacin / Niacine 9 mg	56 %
Vitamin B6 / Vitamine B6 1.1 mg	65 %
Folate 110 mcg DFE / ÉFA	28 %
Phosphorus / Phosphore 1650 mg	132 %
Magnesium / Magnésium 700 mg	167 %
Zinc 10 mg	91 %
Copper / Cuivre 1.6 mg	178 %
Manganese / Manganèse 7.6 mg	330 %

*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

- No Cooking Needed! Ready to use!
- 100% natural
- Unseasoned ancient grain
- Hearty, chewy, rich nutty flavor
- Canadian grown
- Plant-based protein
- Complete plant protein
- Kosher
- Use in salads, smoothies, parfait, toppers, baking, and cooking

