



JASMINE THAI TRIO ORGANIC/NATURAL

www.eatwildrice.ca

UNIT SIZES: 2.5 kg, 5kg, 10kg, 25kg COOK TIME: 20 minutes

INGREDIENTS

Riceberry Rice (purple jasmine), Red Jasmine, Brown Jasmine

COOKING INSTRUCTIONS

Combine 1 cup Floating Leaf Wild Rice Blend with 1 1/2 cups water* in a small saucepan (pot). Bring to a boil. COVER tightly with a lid and reduce heat to LOW. Simmer and cook for 20 minutes. Remove from heat and let sit covered for 5 minutes. Fluff with a fork and serve.
*Add more water if needed to reach desired consistency
*Substitute broth/stock for water to enhance flavour.



Nutrition Facts	
Valeur nutritive	
Per 1/4 cup (45 g) pour 1/4 tasse (45 g)	
Calories 160	% Daily Value* % valeur quotidienne*
Fat / Lipides 1 g	1 %
Saturated / saturés 0.1 g	1 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 35 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 3 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0 %
Potassium 100 mg	2 %
Calcium 0 mg	0 %
Iron / Fer 1 mg	6 %
Thiamine 0.05 mg	4 %
Riboflavin / Riboflavine 0.01 mg	1 %
Phosphorus / Phosphore 50 mg	4 %
Magnesium / Magnésium 45 mg	11 %
Manganese / Manganèse 0.1 mg	4 %

*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

- Quick cooking 20 mins
- Sourced from Northern Thailand
- Featuring riceberry rice loaded with anti-oxidants
- Colourful presentation
- Long holding time
- Unseasoned
- Aromatic
- Sustainably farmed

