



MILLET PURE

www.eatwildrice.ca

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

INGREDIENTS

Grown in Canada

COOKING INSTRUCTIONS

1. Pour 1 1/2 cups millet into a dry pan. Toast for about 2 to 3 minutes over medium heat, stirring frequently.
2. Pour in 3 cups water and add a few pinches kosher salt. Bring to a boil, then reduce the heat to very low.
3. Cover the pot and simmer for about 17 minutes, until the water has been completely absorbed.
4. Fluff the millet with a fork, add salt to taste.

PRODUCT HIGHLIGHTS

Millet is an excellent gluten-free substitute for couscous, or even pasta. Millet is fairly high in protein, and it's a good source of various vitamins and minerals. It's also highly alkaline, which makes it easier to digest.

Nutrition Facts	
Valeur nutritive	
Per 1/4 cup (45 g) / par 1/4 tasse (45 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 150	
Fat / Lipides 1.5 g	2 %
Saturated / saturés 0.4 g	2 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Carbohydrate / Glucides 33 g	11 %
Fibre / Fibres 1 g	6 %
Sugars / Sucres 0 g	
Protein / Protéines 4 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	20 %

