



# RED THAI RICE

www.eatwildrice.ca

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

## INGREDIENTS

Grown in Thailand

## COOKING INSTRUCTIONS

1. Combine 1 cup Floating Leaf Red Thai Rice with 1 ¾ cups water\* in a medium saucepan (pot). Bring to a boil.
2. COVER tightly with a lid and reduce heat to LOW. Simmer and cook for 25 minutes.
3. Remove from heat and let sit for 5 minutes (with lid).
4. Fluff with a fork and serve.

\*Add more water if needed to reach desired consistency

\*Substitute broth/stock for water to enhance flavour. To use a rice cooker, please follow cooker instructions and use same water ratios.

## Nutrition Facts

Serving size 1/4 cup dry (45g)

Amount per serving

**Calories 160**

% Daily Value\*

**Total Fat** 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 0mg **0%**

**Total Carbohydrate** 34g **12%**

Dietary Fiber 2g **7%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

**Protein** 4g

Vitamin D 0mcg **0%**

Calcium 4mg **0%**

Iron 0mg **0%**

Potassium 86mg **2%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



## PRODUCT HIGHLIGHTS

- Contains antioxidants to counteract free radicals
- Contains Vitamin B6
- Can Lower High Cholesterol
- Can Help Prevent Heart Disease
- Can Lower Blood Glucose
- It lowers the risk of obesity, helps in fighting asthma, good for your bone health
- Rich in fiber
- Awesome plate presentation

