



RICEBERRY RICE

www.eatwildrice.ca

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

INGREDIENTS

Grown in Thailand, Riceberry Rice

COOKING INSTRUCTIONS

1. Combine 1 cup Floating Leaf Wild Rice Blend with 1 ¾ cups water* in a medium saucepan. 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). 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	
Valeur nutritive	
Per 1/3 cup (45 g) / pour 1/3 tasse (45 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 170	
Fat / Lipides 1.5 g	2%
Saturated / saturés 0.5 g	3%
+ Trans / trans 0 g	
Carbohydrate / Glucides 35 g	
Fibre / Fibres 2 g	7%
Sugars / Sucres 4 g	4%
Protein / Protéines 4 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	
Potassium 75 mg	2%
Calcium 0 mg	0%
Iron / Fer 0.75 mg	4%
Thiamine 0.2 mg	17%
Riboflavin / Riboflavine 0.03 mg	2%
*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

- Natural antioxidant
- Anthozyanin Rich
- Gluten Free
- Suitable for plant-based and vegan diets
- Non-GMO
- Whole Grain
- Sustainably Farmed
- Social Enterprise Support
- Great rice substitute, Buddha bowls, salads, wraps, and burritos

