



SORGHUM

www.eatwildrice.ca

UNIT SIZES: 2.5 kg, 5kg, 10kg, 25kg COOK TIME: 40 minutes

INGREDIENTS

Sorghum grown in the USA

COOKING INSTRUCTIONS

Bring large pot of water to a boil, add sorghum and cook for 40-55 minutes until desired texture is reached. Strain.



Nutrition Facts

Valeur nutritive

Per 100 g / pour 100 g

Amount Teneur	% Daily Value* % valeur quotidienne*
Calories / Calories 330	
Fat / Lipides 3.5 g	5%
Saturated / saturés 0.5 g	3%
+ Trans / trans 0 g	
Carbohydrate / Glucides 72 g	13%
Fibre / Fibres 7 g	25%
Sugars / Sucres 3 g	3%
Protein / Protéines 11 g	
Cholesterol / Cholestérol 0 g	
Sodium 2 mg	
Potassium 350 mg	7%
Calcium 10 mg	1%
Iron / Fer 3.5 mg	19%

*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

- High in protein
- Vegan
- Unseasoned
- Nutty flavor ancient grain
- Use it in salads, soups, sides, entrees, or pop it like corn!

