



SPROUTED BLACK BEAN ORGANIC BLEND

www.eatwildrice.ca

UNIT SIZES: 2.5 kg, 5kg, 10kg, 25kg COOK TIME: 45 minutes

INGREDIENTS

Daikon radish seeds, sprouted black beans, brown rice, hulled millet, wild rice

COOKING INSTRUCTIONS

1. In a medium pot combine 1 cup of blend and 2 cups of water. Bring to a boil.
2. Reduce heat to low simmer, COVER and cook for 40 minutes.
3. Remove from heat and let stand for 5 minutes. Substitute broth/stock for water to enhance flavour. To use a rice cooker, please follow cooker instructions



Nutrition Facts	
Valeur nutritive	
Per 1/4 cup (45 g) / pour 1/4 tasse (45 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 160	
Fat / Lipides 1.5 g	2 %
Saturated / saturés 0.2 g	1 %
+ Trans / trans 0 g	
Omega-6 / oméga-6 0.5 g	
Omega-3 / oméga-3 0.1 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 3 mg	1 %
Potassium / Potassium 180 mg	5 %
Carbohydrate / Glucides 31 g	11 %
Fibre / Fibres 3 g	12 %
Sugars / Sucres 1 g	
Protein / Protéines 6 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	10 %
Thiamine / Thiamine	10 %
Vitamin B6 / Vitamine B6	8 %
Folate / Folate	15 %
Phosphorus / Phosphore	15 %
Magnesium / Magnésium	20 %
Zinc / Zinc	15 %
Selenium / Sélénium	8 %
Copper / Cuivre	10 %
Manganese / Manganèse	35 %

PRODUCT HIGHLIGHTS

- Consistent cook time
- Non-GMO
- Gluten Free
- Zip-lock packages for freshness and convenience
- Suitable for high-end dining
- Cholesterol free, sodium free, source of fibre
- 6 different textures

