



# SPROUTED BROWN RICE

www.eatwildrice.ca

UNIT SIZES: 2.5 kg, 5kg, 10kg, 25kg COOK TIME: 15 minutes

## INGREDIENTS

Sprouted Brown Rice

## COOKING INSTRUCTIONS

1. In a medium saucepan, bring 2 cups water and 1 cup rice to boil.
2. Cover with a tight-fitting lid, reduce heat to low simmer, and cook 15 minutes.
3. Remove from heat. Fluff with fork.

Nutrition Facts	
Valeur nutritive	
Per 1/4 cup (50 g) / pour 1/4 tasse (50 g)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 180	
<b>Fat / Lipides</b> 1.5 g	<b>2 %</b>
Saturated / saturés 0 g + Trans / trans 0 g	<b>0 %</b>
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium / Sodium</b> 5 mg	<b>1 %</b>
<b>Carbohydrate / Glucides</b> 39 g	<b>13 %</b>
Fibre / Fibres 2 g	<b>8 %</b>
Sugars / Sucres 0 g	
<b>Protein / Protéines</b> 4 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	4 %



## PRODUCT HIGHLIGHTS

- Sprouted for excellent health
- Unseasoned
- Consistent cook time
- Rich & nutty flavour
- Use anywhere you use rice currently
- Non-gmo, gluten free

