



WHITE RICE PARBOILED PURE

www.eatwildrice.ca

UNIT SIZES: 2.5 kg, 5kg, 10kg, 25kg COOK TIME: 20 minutes

INGREDIENTS

Grown in USA

COOKING INSTRUCTIONS

In a pot, combine 1 cup Floating Leaf rice and 2 cups of water. Bring to a boil. Cover, reduce heat to medium and simmer for 20-25 minutes. Remove from heat and let stand, covered for 5 minutes. Fluff with fork and serve.

Refer to manufacturer's instructions to prepare rice in a rice cooker.



Nutrition Facts	
Valeur nutritive	
Per 1/4 cup (45 g) / pour 1/4 tasse (45 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 170	
Fat / Lipides 0.5 g	1 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Carbohydrate / Glucides 37 g	12 %
Fibre / Fibres 1 g	4 %
Sugars / Sucres 0 g	
Protein / Protéines 3 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	4 %
Iron / Fer	4 %

PRODUCT HIGHLIGHTS

- Consistent cooking time of 20 minutes
- High in Protein tempered par-boiled long grain white rice
- Can be pre-cooked and portion frozen
- 4 times the holding compared to national brand.
- Choice for steam tables
- Ziplock package for convenience
- Served as side-dish - Soups, Salads,
- Buffets
- Suitable for vegan diets

