



# WHITE & WILD BLEND

www.eatwildrice.ca

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

## INGREDIENTS

Tempered white long grain, wild rice

## COOKING INSTRUCTIONS

1. In a pot, combine 1 cup Floating Leaf White & Wild Rice and 2 cups of water.
  2. Bring to a boil.
  3. Cover, reduce heat to medium and simmer for 20-25 minutes.
  4. Remove from heat and let stand, covered for 5 minutes.
  5. Fluff with fork and serve.
- 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
<b>Calories / Calories 170</b>	
<b>Fat / Lipides 0.5 g</b>	<b>1%</b>
Saturated / saturés 0.1 g	1%
+ Trans / trans 0 g	
<b>Cholesterol / Cholestérol 0 mg</b>	<b>0%</b>
<b>Sodium / Sodium 2 mg</b>	<b>1%</b>
<b>Carbohydrate / Glucides 36 g</b>	<b>12%</b>
Fibre / Fibres 1 g	4%
Sugars / Sucres 0 g	
<b>Protein / Protéines 4 g</b>	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium	2%
Iron / Fer	2%



## PRODUCT HIGHLIGHTS

- Consistent cooking time of 25 minutes
- High in Protein
- 80% tempered par-boiled long grain white rice
- 20% roasted medium grain wild 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

