



WILD RICE PASTA

www.eatwildrice.ca

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

INGREDIENTS

Wild rice flour, free run eggs,
Semolina Durham wheat flour

COOKING INSTRUCTIONS

1. In a large pot, bring water to a boil.
Add 1 tbsp salt.
2. Add Floating Leaf Artisan Wild Rice Egg
Linguine to boiling water. Stir occasionally.
Cook 3 – 5 minutes until 'al dente', or tender
but firm.
3. Drain.
4. Top with your favourite pasta sauce & serve.



Nutrition Facts

Valeur nutritive

Per 1/8 of package (57 g) /
par 1/8 de paquet (57 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 220	
Fat / Lipides 2.5 g	4%
Saturated / saturés 0.5 g + Trans / trans 0 g	3%
Cholesterol / Cholestérol 75 mg	
Sodium / Sodium 35 mg	1%
Carbohydrate / Glucides 41 g	14%
Fibre / Fibres 2 g	8%
Sugars / Sucres 0 g	
Protein / Protéines 9 g	
Vitamin A / Vitamine A	2%
Vitamin C / Vitamine C	0%
Calcium / Calcium	4%
Iron / Fer	15%

PRODUCT HIGHLIGHTS

- Quick 5 minute cook
- 1 oz. nest portions
- Nutty flavour
- Holds up to any saucing
- Texture is firm to the bite
- Used as entrée or appy
- Free of cholesterol
- 100% natural

