



WILD RICE ORGANIC/NATURAL

www.eatwildrice.ca

UNIT SIZES: 2.5 kg, 5kg, 10kg, 25kg COOK TIME: 60 minutes

INGREDIENTS

Canadian grown organic and natural wild rice

COOKING INSTRUCTIONS

1. In a large pot, combine 1 cup of wild rice and 4 cups of water. Bring to a boil.
2. Reduce heat to low simmer, COVER and cook for 30 minutes.
3. Remove from heat and let stand for 30 minutes until desired texture is reached.
4. Strain and enjoy.



Nutrition Facts	
Valeur nutritive	
Per 1/4 cup (45 g) / pour 1/4 tasse (45 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 160	
Fat / Lipides 0.5 g	1%
Saturated / saturés 0.1 g + Trans / trans 0 g	1%
Cholesterol / Cholestérol 0 mg	0%
Sodium / Sodium 3 mg	1%
Carbohydrate / Glucides 34 g	11%
Fibre / Fibres 3 g	12%
Sugars / Sucres 1 g	
Protein / Protéines 7 g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium	0%
Iron / Fer	6%

PRODUCT HIGHLIGHTS

- Canadian Organic
- High in Protein
- 100% whole grain
- Grade A - Roasted to perfection!
- Elegant dark colour, unique texture
- Wonderful nutty flavour
- An ancient Canadian grain
- Ziplock package for freshness and convenience
- Harvested by First Nations for thousands of years
- Grown in the northern regions of Alberta, Sask, Manitoba and Ontario
- Continuing a family tradition for four generations

