



WILD RICE IN MINUTES

www.eatwildrice.ca

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

INGREDIENTS

Organic wild rice

COOKING INSTRUCTIONS

1. Combine 1 1/2 cups (approx. 100 g Floating Leaf wild rice with 2 cups (approx. 500 mL) of water a large saucepan.
2. Stir briefly to fully submerge the rice in water.
3. Cover and bring to gentle boil on medium heat.
4. Time for 10 minutes.
5. Remove from heat and let stand with lid until desired texture is reached.
6. Drain excess water.
7. Serve or season and serve.

| 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

- Pure Canadian wild rice
- Organic
- Kosher
- GMO FREE
- High in protein
- Good source of fibre
- Ready in minutes
- Nutty flavour
- Unique texture
- Great for sides, soups, salads, and entrees

