



WILD RICE BLEND

www.eatwildrice.ca

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

INGREDIENTS

Red Jasmine, Brown Calrose, Riceberry Rice, wild rice, long grain brown rice

COOKING INSTRUCTIONS

1. Combine 1 cup Floating Leaf Wild Rice Blend with 1 ¾ cups water* in a medium saucepan (pot). Bring to a boil.
2. COVER tightly with a lid and reduce heat to LOW. Simmer and cook for 25 minutes.
3. Remove from heat and let sit for 5 minutes (with lid).
4. Fluff with a fork and serve.

*Add more water if needed to reach desired consistency

*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)	
Calories 160	% Daily Value*
% valeur quotidienne*	
Fat / Lipides 1 g	1 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 34 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 4 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0 %
Potassium 125 mg	3 %
Calcium 10 mg	1 %
Iron / Fer 0.75 mg	4 %
Thiamine 0.175 mg	15 %
Riboflavin / Riboflavine 0.05 mg	4 %
Niacin / Niacine 2.5 mg	16 %
Vitamin B6 / Vitamine B6 0.125 mg	7 %
Phosphorus / Phosphore 100 mg	8 %
Magnesium / Magnésium 40 mg	10 %
Zinc 1 mg	9 %
Copper / Cuivre 0.1 mg	11 %
Manganese / Manganèse 0.7 mg	30 %

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

PRODUCT HIGHLIGHTS

- Non-GMO
- 5 different rice textures
- Natural antioxidant Riceberry Rice
- Gluten Free
- Suitable for Vegan and plant-based diets
- Whole Grain
- Sustainably Farmed
- Consistent 25 minute cook

