

Item # 405805

Desc: Brown & Wild Rice Blend

Nutrition Facts			
Serving Size		1/4 cup (dry) (42g)	
Servings Per Container		Varied	
Amount Per Serving			
Calories	150	Calories from Fat	10
		% Daily Value*	
Total Fat	1 g		2 %
Saturated Fat	0 g		1 %
Trans Fat	0 g		
Cholesterol	0 mg		0 %
Sodium	0 mg		0 %
Total Carbohydrate	32 g		11 %
Dietary Fiber	1 g		5 %
Sugars	0 g		
Protein	4 g		
Vitamin A	0%	Vitamin C	0%
Calcium	0%	• Iron	2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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405805 Brown & Wild Rice Blend

Ing: Brown rice and wild rice.

**Packaged in a facility that also processes products containing: peanuts, tree nuts, soybeans, milk, egg, fish, crustaceans shellfish and wheat ingredients.

Product information/materials may change.

Refer to the package or call for updates.

Brown & Wild Rice Blend

3 tbsp. veg. oil

2 cups water or broth

1 cup rice (salt & pepper to taste)

Place rice and oil in large saucepan.

Fry on med. high heat stirring constantly

until lightly browned. Carefully add the

liquid. Bring to a boil and reduce heat to

low. Cover and let simmer 35-40 minutes.

Do not stir. Turn heat off and let steam for

15 minutes. Fluff with a fork and serve.