



**STOVE**  
 boiling water

ed to low,  
 Simmer.  
 lid stand

Hand.

**CTIONS**  
 one-side dish,  
 1/2 and 2-1/2

can HIGH for  
 gling to 50%  
 or 30-35  
 to 30-35

to be prepared  
 some cases vary.

**COOKING CHART**

1 cup	THIS BAG
1 cup	1 1/2 cups
2 cups	3 cups
4 cups	6 cups
8 cups	12 cups
16 cups	24 cups

UNCOOKED WILD RICE



NET WT. 1 LB. (454g)

## Nutrition Facts

About 10 servings per container  
Serving size 1/4 cup (45g)

Amount per serving  
**Calories 160**

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 34g	12%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein 7g</b>	
Vitamin D 0mcg 0%	Calcium 0mg 0%
Iron 1mg 6%	Potassium 190mg 4%
Thiamin 0.1mg 8%	Niacin 4mg 25%
Vitamin B <sub>6</sub> 0.2mg 10%	Phosphorus 195mg 15%
Zinc 3mg 25%	

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS: WILD RICE.**



# Nutrition Facts

about 20 servings per container  
**Serving size**  
1/4 cup (45g) dry

**Calories**  
per serving **170**

Amount/serving	% Daily Value*
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>

Vitamin D 0mcg 0% • Calcium 0mg 0% • Iron 0.6mg 4% • Potassium 110mg 2%

Amount/serving	% Daily Value*
<b>Total Carbohydrate</b> 34g	<b>12%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** LONG GRAIN BROWN RICE.  
**DISTRIBUTED BY:** Walmart Inc., Bentonville, AR 72716

BEST IF  
USED BY  
MAY 26 2021S



TEAR HERE

# LUNDBERG RICE MIDDYBEND

CULTIVATING A  
FAMILY TRADITION

Over the years, the Lundberg family has produced  
their quality rice products. It's our passion and  
has been for over four generations.

We've grown our rice sustainably, long before anyone used  
the word. Our farming methods conserve water resources,  
build soil fertility, and support a healthier ecosystem.

All Lundberg family Farms\* we operate in whole grain,  
and gluten-free rice products. Nothing fancy here,  
just lots of natural deliciousness.  
Thanks for supporting sustainable farming!

—The Lundberg Family

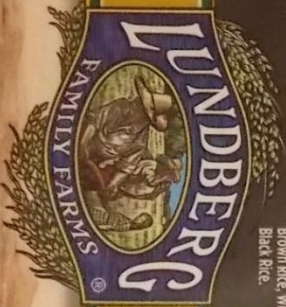
Certified B Corp  
GFI  
Lundberg Family Farms  
5311 Michael, P.O. Box 362, Berkeley, CA 94712, USA  
888-765-6788  
www.lundberg.com

We recommend refrigeration  
for extended shelf life.

This product was manufactured  
with 100% renewable energy.

WETTED and PRESS-OK are  
owned by WEISS BAK.

GOOD TASTE



GOOD HEALTH



Re-doesn'th With  
Wetted Brand PRESS-OK

TEAR HERE

## Nutrition Facts

About 10 SERVINGS  
Serving size 1/4 cup (dry) (45g)  
Amount Per Serving  
Calories 160

	% Daily Value*
<b>Total Fat</b> 1g	
Sat. Fat 0g	1%
Trans Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
Sodium 0mg	0%
<b>Total Carb.</b> 35g	13%
Fiber 2g	11%
Total Sugars 0g	
Incl. 0g Added Sugars	0%
<b>Protein</b> 4g	
Vit. D 0mg 0%	• Calcium 4mg 0%
Iron 1mg 6%	• Pops 136mg 2%

\*The % Daily Value tells you how much a nutrient in a  
serving of food contributes to a daily diet. 2,000  
calories a day is used for general nutrition advice.

INGREDIENTS: Long Grain Brown Rice, Sweet  
Brown Rice, Wild Rice, Weissen® Red Rice,  
Black Rice.



## Nutrition Facts

about 20 servings per container  
Serving size  
1/4 cup (45g)

Calories  
per serving **170**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Total Fat</b> 1.5g	<b>2%</b>	<b>Total Carbohydrate</b> 34g	<b>12%</b>
Saturated Fat 0g	0%	Dietary Fiber 2g	7%
Trans Fat 0g		Total Sugars 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>	Includes 0g Added Sugars	0%
<b>Sodium</b> 0mg	<b>0%</b>	<b>Protein</b> 3g	
Vitamin D 0mcg 0% • Calcium 0mg 0% • Iron 1mg 6% • Potassium 115mg 2%			

\* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

INGREDIENTS: Brown rice.

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HOUSTON, TX 77019 U.S.A.  
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**Questions? Comments?**  
Call 1-800-226-9522 Monday-Friday,  
8am to 4pm Central Time. Please have  
package available when calling.

\* Based on Nielsen non-instant  
rice category data 2018







# COOKING

## INSTRUCTIONS

For wild rice

**STEP 1**  
Rinse wild rice  
thoroughly

**STEP 2**  
Add 4 cups  
of water

**STEP 3**  
Bring to a  
boil and  
simmer for  
1 hour

**STEP 4**  
Drain and  
cook for  
10-15  
minutes

**STEP 5**  
Season with  
oil, salt, and  
pepper to  
taste

# Nutrition Facts

9 servings per container  
Serving size **1/4 cup dry**  
(45g)

Amount Per Serving  
**Calories 170**

	% Daily Value*
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 35g	<b>13%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 7g	
Vitamin D 0mcg	<b>0%</b>
Calcium 10mg	<b>0%</b>
Iron 0.9mg	<b>6%</b>
Potassium 200mg	<b>4%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: WILD RICE  
DISTRIBUTED BY:  
PUREMATTER  
2665 POKONA BLVD  
POMONA, CA 91768  
WWW.PUREMATTER.COM

LOT: BR2020  
BEST BY: 06/2024



United States



## Nutrition Facts

2 servings per container  
Serving size 1 Cup (125g)

Calories per serving **220**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Total Fat</b> 3g	<b>4%</b>	<b>Total Carbohydrate</b> 42g	<b>15%</b>
Saturated Fat 0g	0%	Dietary Fiber 5g	18%
Trans Fat 0g		Total Sugars 1g	
<b>Cholesterol</b> 0mg	<b>0%</b>	Includes 0g Added Sugars	<b>0%</b>
<b>Sodium</b> 120mg	<b>5%</b>	<b>Protein</b> 5g	

Vitamin D 0mcg 0% • Calcium 0mg 0% • Iron 1mg 6% • Potassium 149mg 4%

INGREDIENTS: WATER, BROWN RICE, WILD RICE, SUNFLOWER OIL, SEA SALT, SUNFLOWER LECITHIN (EMULSIFIER).



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RIVIANA®, WE CAN HELP AND RIVIANA AND 11-MINUTE  
DESIGN ARE TRADEMARKS OF RIVIANA FOODS INC.

Good Source of Fiber\*

\*CONTAINS 3 GRAMS OF TOTAL FIBER PER SERVING.  
SEE NUTRITION INFORMATION FOR FAT CONTENT.

## DIRECTIONS

REMOVE film completely from cup.

PLACE cup in microwave.

HEAT on HIGH for 1 minute.

Heating time for 2 cups is 1 1/2 minutes.

CAUTION: CUP & STEAM WILL BE  
EXTREMELY HOT. DO NOT PLACE HAND  
OVER TOP OF CUP WHEN REMOVING.

STIR & serve immediately.

Microwave ovens and cooking times may vary.

Cover and refrigerate unused portion after opening.

 BPA FREE  GLUTEN FREE

✓ 1 SIMPLE  
INGREDIENT  
RICE

# Minute™

READY IN  
10  
MINUTES

## BROWN RICE

100% WHOLE GRAIN



GF  
Certified  
Gluten Free

100% WHOLE GRAIN  
MINUTE RICE

NON  
GMO  
VERIFIED

SERVING SUGGESTION

NET WT 14 OZ (396g)

# Nutrition Facts

About 8 servings per container  
Serving size 1/2 cup (50g dry  
rice, makes about 1 cup cooked)

Amount per serving  
**Calories 180**

% Daily Value\*

**Total Fat** 1.5g **2%**

Saturated Fat 0g **0%**

*Trans Fat* 0g

**Cholesterol** 0mg **0%**

**Sodium** 0mg **0%**

**Total Carbohydrate** 39g **14%**

Dietary Fiber 2g **7%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

**Protein** 4g

Vitamin D 0mcg **0%**

Calcium 0mg **0%**

Iron 0mg **0%**

Potassium 70mg **2%**

Thiamin 0.1mg **8%**

Magnesium 61mg **15%**

Zinc 1mg **10%**

Copper 0.1mg **10%**

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** PRECOOKED PARBOILED BROWN RICE.

  
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GROWN IN THE USA  
RICE



# LONG GRAIN & WILD RICE ORIGINAL

Long grain and wild rice with herbs



MAKING HOME MADE EASY.

SERVING SUGGESTION

Per Serving	190	0g	780mg	2g
CALORIES	SAT FAT	SODIUM	TOTAL SUGARS	
	0% DV	34% DV		

NET WT 4.3 OZ (122 g)

# Nutrition Facts

About 2 servings per container

**Serving size** 2.0 or 1/2 cup (about 1/4 cup dry rice mix & 1-2/3 Tbsp seasoning mix)

**Calories** As packaged **190** As prepared **240**

	% DV*	% DV*
<b>Total Fat</b>	0.5g 1%	6g 7%
Saturated Fat	0g 0%	1g 6%
Trans Fat	0g 0%	1g 6%
Polyunsaturated Fat	0g 0%	1.5g 6%
Monounsaturated Fat	0g 0%	2.5g 6%
<b>Cholesterol</b>	0mg 0%	0mg 0%
<b>Sodium</b>	780mg 34%	840mg 36%
<b>Total Carb.</b>	42g 15%	42g 15%
Dietary Fiber	2g 6%	2g 6%
Total Sugars	2g 2%	2g 2%
Incl. Added Sugars	<1g 1%	<1g 1%
<b>Protein</b>	5g 10%	6g 12%
Vitamin D	0mcg 0%	0mcg 0%
Calcium	40mg 2%	40mg 2%
Iron	1.5mg 8%	1.5mg 8%
Potassium	150mg 2%	150mg 2%
Thiamin	0.18mg 15%	0.18mg 15%
Riboflavin	0.05mg 4%	0.05mg 4%
Niacin	1.6mg 10%	1.6mg 10%
Vitamin B <sub>6</sub>	0.17mg 10%	0.17mg 10%
Folate DFE	100mcg 25%	100mcg 25%
Folic Acid	(65mcg)	(65mcg)

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Rice, wild rice, onions, hydrolyzed soy protein, salt, monosodium glutamate, maltodextrin, autolyzed yeast extract, sugar, garlic\*, garlic, sunflower oil, caramel color, spices, hydrolyzed corn protein, ferric orthophosphate, yeast extract, niacinamide, hydrolyzed wheat protein, thiamin mononitrate, tocopherols (to preserve freshness), folic acid.

\*Dried.

CONTAINS SOY AND WHEAT INGREDIENTS. (43047-104-14)

## Preferred Method RICE RANGE TOP DIRECTIONS

- WHAT YOU NEED -

- 1 TABLESPOON BUTTER OR MARGARINE
- 1 1/2 CUPS WATER

**1** In a medium saucepan, combine rice mix, Special Seasonings, water and butter or margarine; bring to a boil.

**2** Cover and reduce heat to low. Simmer 25 to 30 minutes or until rice is tender. Let stand 3 minutes before serving.

About 2 cups prepared. Enjoy!

See side panels for additional product information.

### MAKE IT A MEAL

EASY AS 1-2-3:

1. STIR in chopped celery during last 5 minutes of simmering.
2. ADD cooked chicken breast sliced into pieces once rice is fully cooked.
3. TOP with shredded carrots before serving (optional).

Find more ideas at [riceaoni.com/recipes](http://riceaoni.com/recipes)

