



**STOVE**  
 Cooking water

ed to low,  
 Simmer.  
 lid stand

Hand.

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

can HIGH for  
 30-35  
 10-15

to be prepared  
 some cases vary.

**COOKING CHART**

1 cup	THIS BAG
1 1/2 cups	1 1/2 cups
2 cups	2 cups
3 cups	3 cups
4 cups	4 cups
5 cups	5 cups
6 cups	6 cups
7 cups	7 cups
8 cups	8 cups
9 cups	9 cups
10 cups	10 cups

UNUSUAL WILD RICE



NET WT. 1 LB. (16 OZ.)

## 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.**