





# COOKING INSTRUCTIONS

For wild rice

**STEP 1**  
Rinse wild rice thoroughly

**STEP 2**  
Add 4 cups water

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

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

**STEP 5**  
Season with salt, pepper, and other seasonings 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 as the general nutrition advice.

INGREDIENTS: WILD RICE  
DISTRIBUTED BY:  
PUREMATTERS  
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POMONA, CA 91768  
WWW.PUREMATTERS.COM

LOT: BR2020  
BEST BY: 06/2024



United States