



**INHARVEST**

# 004386 - Rice Wild Grade Extra Fancy

Minnesota cultivated wild rice, whole grain, Kosher, naturally gluten free, great for stuffings, pilafs, soups, salads



### \* Benefits

## Nutrition Facts

Servings per Container **240**  
Serving size 1/4CUPDRY (0.25Cup(US))

Amount per serving  
**Calories 160**

	% Daily Value*
<b>Total Fat</b> 1g	<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> 34g	<b>12%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 0g	
Includes 0g Added Sugar	<b>0%</b>
<b>Protein</b> 5g	
Vitamin D 0mcg	<b>0%</b>
Calcium 3mg	<b>0%</b>
Iron 1mg	<b>6%</b>
Potassium 129mg	<b>3%</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 Minnesota Cultivated

### ⚠ Allergens

#### Free From:

- crustaceans
- mollusks
- eggs
- fish
- milk
- peanuts
- sesame
- soy
- tree nuts
- wheat

### Handling Suggestions

65 DEGREES F STORE IN A COOL DRY PLACE

### Serving Suggestions

Great for soups, salads, pilafs, one dish meals See [www.inharvest.com](http://www.inharvest.com) for recipes

### Prep & Cooking Suggestions

Stovetop: Bring 4 qts. water or stock to a boil. Stir in 2 lbs. of Grade A/B Wild Rice, reduce heat and simmer covered for 40-50 minutes, or until desired texture. Drain any excess liquid if necessary and fluff with fork and serve. Yield: 24 half cup servings

### 📄 Product Specifications

Brand	Manufacturer	Product Category
INHARVEST	InHarvest, Inc.	Cereal

MFG #	SPC #	GTIN	Pack	Pack Desc.
30504	004386	00030004305047	4	4 / 5.0 LBR

Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition
21lb	20lb	No	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
12in	12in	6.5in	0.54ft3	12x6	730DAYS	59°F / 86°F



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#### Nutrition Analysis - By Measure

Calories	160	Total Fat	1g	Sodium	0mg
Protein	5	Trans Fats	0g	Calcium	3mg
Total Carbohydrates...	34g	Saturated Fat	0g	Iron	1mg
Sugars	0g	Added Sugars	0g	Potassium	129mg
Dietary Fiber	3g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(U)		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

#### Additional Images

