Nutrition Facts

Serving Size 1/4 cup dry (45g)
Servings Per Container 20

Amount Per Serving	
Calories 160	Calories from Fat 10
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 35g	12%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 4g	

Vitamin A 0% • Vitamin C 0%
Calcium 2% • Iron 4%

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

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

HIDE LABEL


(http://shopping.netsuite.com/core/media/media.nl?id=269310&c=398743&h=be518d01f6ca3d25f78c)

Ruby Wild Blend™

Item # 12600

Colusari™ Red Rice, sprouted red rice, wild rice, sprouted brown rice and long-grain brown rice are combined to create a blend that is great-tasting, naturally gluten-free and is a workhorse in the kitchen with its terrific holding ability and versatility.

Prep time: 30-50 minutes.
2# sleeve yields: 32 ½-cup servings
384 Servings per 24lb. case
Kosher - Yes

Features

100% whole grain
Gluten-free
Heirloom ingredients
Sprouted grains
Holds very well on the line
Versatile for hot and cold applications

Ingredients

ColusariTM Red Rice, sprouted red rice, wild rice, sprouted brown rice and long-grain brown rice.

Pack Size

12/2 lb sleeves = 24 lb case

Storage

65°F, Cool dry place.

1 Add to Cart

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Preparation and Cooking Instructions

Stovetop: Bring 2 qts. water or stock to a boil. Stir in 2 lbs. Ruby Wild Blend and seasoning packet (if included), reduce heat and simmer covered for 30 mins.

Steamer: In a full hotel pan, combine 11/2 qts. hot water or stock with 2 lbs. Ruby Wild Blend and seasoning packet (if included), steam uncovered for 35 mins.

Combi Oven: In a full hotel pan, combine 13/4 qts. hot water or stock with 2 lbs. Ruby Wild Blend and seasoning packet (if included). Cover and cook for 40 mins. at 350° F.

Convection Oven: In a full hotel pan, combine 2 qts. hot water or stock with 2 lbs. Ruby Wild Blend and seasoning packet (if included). Cover and cook for 50 mins. at 350° F.

Yield: 32 half-cup servings.

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RECIPES

Ruby Wild Blend™ Arroz con Pollo - K-12 Foodservice (http://www.inharvest.com/recipes/multigrain-blends/ruby-wild-blend-arroz-con-pollo-k-12-foodservice/)

Ruby Wild Blend™ Breakfast Burrito - K-12 Foodservice (http://www.inharvest.com/recipes/multigrain-blends/ruby-wild-blend-breakfast-burrito-k-12-foodservice/)

Ruby Wild Blend™ Breakfast Taco - K-12 Foodservice (http://www.inharvest.com/recipes/multigrain-blends/ruby-wild-blend-breakfast-taco-k-12-foodservice/)

Ruby Wild Blend™ Deep-Dish Turkey Chili w Spicy Yogurt Sauce - K-12 (http://www.inharvest.com/recipes/multigrain-blends/ruby-wild-blend-deep-dish-turkey-chili-w-spicy-yogurt-sauce-k-12/)

Ruby Wild Blend™ Fajita Rice - K-12 Foodservice (http://www.inharvest.com/recipes/multigrain-blends/ruby-wild-blend-fajita-rice-k-12-