



## RUBY WILD BLEND™

### GENERAL DESCRIPTION:

Colusari™ Red Rice, Sprouted Sienna 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, 100% whole grain and is a workhorse in the kitchen with its terrific holding ability and versatility.

**ITEM NUMBER:** 16287

**UPC:** 0-30004-16287-9

**SCC-14:** 0-00-30004-16287-9

**SERVING SIZE:** About ½ cup prepared

**SERVINGS PER 12 LB CASE:** 192

**SHIPPING INFORMATION:** 6/2 lb. sleeves = 12 lb. case

**STORAGE TEMPERATURE:** Store in a cool and dry environment

**SHELF LIFE:** 18 Months

**CHILD NUTRITION LABEL (Y/N):** N

**KOSHER (Y/N):** Y

### FEATURES:

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

### SERVING SUGGESTIONS:

Please check out Ruby Wild Blend™ recipes at [www.InHarvest.com](http://www.InHarvest.com)

### PREPARATION AND COOKING INSTRUCTIONS:

**Ruby Wild Blend – 2 lbs.**

**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 1½ 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 1¾ 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.

**INGREDIENTS:** Long grain parboiled brown rice, sprouted brown rice, Colusari™ Red Rice, Sprouted Sienna Red™ Rice and wild rice

<b>Nutrition Facts</b>	
Serving Size 1/4 cup dry (45g)	
Servings Per Container 20	
Amount Per Serving	
<b>Calories 160</b>	Calories from Fat 10
% Daily Value*	
<b>Total Fat 1g</b>	<b>2%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 0mg</b>	<b>0%</b>
<b>Total Carbohydrate 35g</b>	<b>12%</b>
Dietary Fiber 2g	8%
Sugars 0g	
<b>Protein 4g</b>	
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	