

# Wild rice organic Canada 25kg

**Designation:** wild rice

**Description:** Botanically, the wild rice does not belong to the same genus as rice, but it is applied in the same culinary way and offers a wonderful grainy alternative to the usually rather sticky rice. A delicious source of fiber and protein, it makes a delightful addition to hearty dishes, stews, and exotic rice dishes alike.

**Preparation:** Add 1 cup of wild rice to 4 cups of water, bring to a boil, reduce heat, simmer for 40-50 minutes, drain and serve.

**Ingridients:** wild rice\*

\* from controlled organic cultivation

**Raw food:** No  
**Fairtrade:** No  
**Gluten-free:** No  
**Vegan:** Yes  
**Superfood:** No  
**Naturally gluten-free:** Yes  
**Plastic-free:** No  
**Organic:** Yes  
**Colli/Multi package:** We trade this item in various packaging units. The current packaging size is 25kg. Please refer to the order confirmation for the final packaging unit.  
**Value Pack:** No

**ECO Control Point:** DE-ÖKO-003

[Zum Produkt](#)

## Nährwerte

**Unzubereitet pro 100 g**

|                                |          |
|--------------------------------|----------|
| Calorific value kj             | 1592 kj  |
| Calorific value kcal           | 381 kcal |
| Fat                            | 1.08 g   |
| Of which saturated fatty acids | 0.3 g    |
| Carbohydrates                  | 74.9 g   |
| Of which sugar                 | 0.2 g    |
| Fibers                         | 6.2 g    |
| Protein                        | 14.7 g   |
| Salt                           | 0.02 g   |

## Allergene

|                          |      |
|--------------------------|------|
| Gluten-containing cereal | Nein |
| Chicken egg              | Nein |
| Peanuts                  | Nein |

|                             |      |
|-----------------------------|------|
| Milk                        | Nein |
| Celery                      | Nein |
| Sesame seeds                | Nein |
| Lupines                     | Nein |
| Crustaceans                 | Nein |
| Fish                        | Nein |
| Soy                         | Nein |
| Nuts                        | Nein |
| Mustard                     | Nein |
| Sulfur dioxide and sulphite | Nein |
| Molluscs                    | Nein |
| Cashews                     | Nein |
| Spelt                       | Nein |
| Barley                      | Nein |
| Oat                         | Nein |
| Hybrid Strains              | Nein |
| Kamut                       | Nein |
| Macadamia                   | Nein |
| Almonds                     | Nein |
| Brazil Nuts                 | Nein |
| Pecans                      | Nein |
| Pistachios                  | Nein |
| Rye                         | Nein |
| Hazelnuts                   | Nein |
| Sesame                      | Nein |
| Walnuts                     | Nein |
| Wheat                       | Nein |