



# terrafoods

## Instant Cajun Wild Rice

### Key Attributes

- 8 Grams of Protein
- Excellent source of fiber
- Excellent source of Vitamin C
- Low Fat
- Zero Cholesterol
- Zero Trans Fat
- Zero Saturated Fat
- GMO Free
- No preservatives
- No artificial flavors
- Environmentally friendly
- 3 Year Shelf Life

### Convenient and ready-to-eat:

Truly instant rice; no cooking needed!  
Ideal for camping, hiking, back-packing, etc.

**Suggested Use:** Remove top cover, add hot water until rice is fully covered. Stir and let sit for 30 seconds. Can be eaten dry like a snack.



**INGREDIENTS:** Wild Rice Blend (Brown Rice, Wild Rice, Red Rice), Onions, Sweet Green Bell Peppers, Chicken Broth Powder, Garlic, Paprika, Black Pepper, Cayenne Pepper, Oregano, Thyme, Bay Leaf.

Nutrition Facts	
Serving Size 1 Cup Cooked	
Servings Per Container 1	
Amount Per Serving	
<b>Calories 180</b>	<b>Calories from Fat 25</b>
% Daily Value*	
<b>Total Fat 3g</b>	<b>5%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 260mg</b>	<b>11%</b>
<b>Potassium 270mg</b>	<b>8%</b>
<b>Total Carbohydrate 34g</b>	<b>11%</b>
Dietary Fiber 3g	12%
Sugars 2g	
<b>Protein 8g</b>	
Vitamin A 6%	Vitamin C 30%
Calcium 2%	Iron 8%
*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
Potassium	3,500mg 3,500mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### NEXT LEVEL ADVANCES:

Originally developed for the military, Instant Cajun Wild Rice is the first of its kind, truly instant rice. Our food scientists crafted a unique blend that allows you to enjoy perfect rice in under 60 seconds by simply adding hot water.



[bcnfoods.com](http://bcnfoods.com)

714.409.8088