



# Basmati of India with Red Rice and Lentils

JYOTI Basmati-Red Rice is made with Imported Basmati from India, Red Rice, Red Ball and Yellow Lentils. These components cook well together and complement each other. No salt or Sugar added !

**DIRECTIONS:** In a covered sauce pan, combine one cup of Basmati Red Rice blend with 1 ¾ cups of water or any broth, add salt and butter to your liking, bring to boil, reduce heat to low and cover. Let simmer undisturbed for 20 min. Uncover and check if there is any water in the bottom, which should be allowed to dry out at low heat, without cover. Cover and let cool for five min, fluff up with a fork and *Voilà* ! Serve hot !!

**INGREDIENTS:** Basmati Supreme Rice of India, Red rice, Red Ball Lentils, Yellow Lentils, Sliced Almonds.

Following are unedited photos of the dry JYOTI Basmati – Red Rice blend, raw and as cooked:



Raw Blend from Bag



Cooked Blend



Flowering Almond Tree (Photos from Wikipedia)



Almond Fruit

<b>Nutrition Facts</b>	Amount/Serving	% DV *	Amount/Serving	% DV *
	8 servings per container	<b>Total Fat</b> 0.5g	<b>1%</b>	<b>Total Carb.</b> 44g
<b>Serv. Size</b> <b>2 oz (57g)</b>	Sat. Fat 0g	<b>0%</b>	Fiber 1g	<b>5%</b>
<b>Calories 210</b> <b>per serving</b>	<i>Trans Fat</i> 0g		Total Sugars 0g	
	<b>Cholest.</b> 0mg	<b>0%</b>	Incl. 0g Added Sugars	<b>0%</b>
	<b>Sodium</b> 0mg	<b>0%</b>	<b>Protein</b> 5g	
	Vitamin D 0mcg 0% • Calcium 20mg 2% • Iron 0.8mg 4% Potassium 100mg 2%			

CONTAINS: almonds

CA prop 65 requires Rice containing foods to warn California customers about the presence of arsenic in Rice. Arsenic is known to be a carcinogen and cause birth defects.

Unfortunately, there is no provision to advise anyone that Rice is great for human body. The longest living people in the world are the Japanese, whose diet is mainly rice. In India, the first solid food ceremoniously given to an infant is rice. Yet, we must put this ridiculous warning here.