



Brown Basmati of India

Wild Rice of South Dakota

This Ready to Eat Brown Basmati Rice is blended with Wild Rice.

Why are we not blending White Rice with Wild Rice ? Because Wild Rice takes much longer to cook, like Brown Rice does, but White Rice gets overcooked in that much cooking time !

We make the blend and cook it in very small batches as needed.

Shelf stable (2 years) BPA Free Microwaveable pouch. Gluten free, Vegetarian.

DIRECTIONS: Cut at the notch to make a small vent and heat in a microwave for about 1 min. Empty the pouch in a serving dish. For stove top, empty the pouch in a heavy skillet and heat on low heat to desired serving temperature. Handle with care as the pouch and contents will be very hot !

Serve with any of the several JYOTI Ready to serve Indian dishes or side dishes of your liking. Especially good with JYOTI Saag-Paneer or Mung Dal (10 oz Pouch).

INGREDIENTS: Water, Brown BASAMTI Rice, Wild Rice, Sunflower Oil, Salt.

Following are unedited photos of the Brown Basmati / Wild Rice pouch and a freshly emptied pouch of the same.



Nutrition Facts	Amount/Serving	% DV *	Amount/Serving	% DV *
	2 servings per container	Total Fat 4g	5%	Total Carb. 37g
Serv. Size 115 g	Sat. Fat 0g	0%	Fiber 2g	7%
Calories 200 per serving	<i>Trans</i> Fat 0g		Total Sugars 0g	
	Cholest. 0mg	0%	Incl. 0g Added Sugars	0%
	Sodium 120mg	5%	Protein 4g	
	Vitamin D 0mcg 0% • Calcium 10mg 0% • Iron 0.7mg 4% Potassium 130mg 2%			

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.