

Basmati Rice w Turmeric

JYOTI Haldi Rice is made with pure Turmeric extract and cashews. Turmeric gives it the yellow color and that is how rice has been colored yellow in India for centuries. Health benefits of turmeric are well known and widely published on the internet. **No salt or Sugar added !**

DIRECTIONS: In a covered sauce pan, combine one cup of well mixed Haldi Rice blend with 1 3/4 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, Cashew, natural extract of Turmeric.

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



Haldi Rice from the bag, uncooked



Cooked Haldi Rice with added diced red pepper



Nutrition Facts	Amount/Serving	% DV *	Amount/Serving	% DV *
	Total Fat 2.5g		3%	Total Carb. 43g
Sat. Fat 0g		0%	Fiber 1g	4%
<i>Trans Fat</i> 0g			Total Sugars 0g	
Cholest. 0mg		0%	Incl. 0g Added Sugars	0%
Sodium 0mg		0%	Protein 5g	
Calories 210 per serving Vitamin D 0.1mcg 0% • Calcium 20mg 2% • Iron 0.7mg 4% Potassium 120mg 2%				

CONTAINS: cashews

Turmeric is the 'rhizome' or rootstock of a perennial herbaceous plant that reaches up to 1 m tall, shown in Photos taken from Wikipedia.



JYOTI Natural Foods
www.jyotifoods.com



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 given to an infant is rice. Yet, we must put this ridiculous warning here.