



JYOTI Haldi Rice is made with Turmeric extract and wholesome ingredients and seasoning that cook well together and complement each other.

No salt or Sugar added !

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 including the internet.

DIRECTIONS: In a covered sauce pan, combine one cup of well mixed Haldi Rice blend with 2 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 40 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, roasted cashew, coconut, carrot flakes, dry shiitake mushroom, natural extract of turmeric and spices.

Nutrition Facts	
Serving Size 57 g	
Servings Per Container 8	
Amount Per Serving	
Calories 210	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 42g	14%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 6g	
Vitamin A 25%	Vitamin C 6%
Calcium 4%	Iron 10%
* 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
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

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



Haldi Rice from the bag, uncooked



Cooked Haldi Rice



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

