



JYOTI Basmati-Quinoa is made with Imported **Basmati from India, Italian Porcini Mushrooms and Quinoa**, with light seasoning. These components cook well together and complement each other.

**No salt or Sugar added !**

**DIRECTIONS:** In a covered sauce pan, combine one cup of well mixed Basmati Quinoa 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 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, Quinoa, Porcini Mushroom, Onion, Garlic and natural extract of spices.

Nutrition Facts	
Serving Size 2 oz (57g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories</b> 210	Calories from Fat 5
% Daily Value*	
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
Sodium 0mg	0%
<b>Total Carbohydrate</b> 44g	<b>15%</b>
Dietary Fiber 2g	6%
Sugars 1g	
<b>Protein</b> 5g	
Vitamin A 0%	Vitamin C 4%
Calcium 2%	Iron 4%
* 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 Basmati-Quinoa-Porcini Rice blend, raw and as cooked:



Basmati-Quinoa-Porcini from the bag, uncooked



Cooked Basmati-Quinoa-Porcini Rice



Porcini Mushrooms (photos taken from Wikipedia)