



JYOTI Basmati-Red Rice is made with Imported Basmati from India, Red Rice from Bhutan, Red Ball and Yellow Lentils 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 Red 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 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 from Bhutan, Red Ball Lentils, Yellow Lentils, Sliced **Almonds**, Raisins, Onion flakes and natural extract of spices.

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



Basmati-Red Rice from the bag, uncooked



Cooked Basmati-Red Rice



Flowering Almond Tree



Young Almond Fruit

(Photos from Wikipedia)

Nutrition Facts	
Serving Size 2 oz (57g)	
Servings Per Container 8	
Amount Per Serving	
Calories 210	Calories from Fat 10
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 44g	15%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 5g	
Vitamin A 0%	Vitamin C 0%
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 60g
Sat Fat	Less than 25g 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	