



JYOTI Brown Basmati-Wild Rice is made with Imported **Basmati from India, Wild Rice, Chia seeds and Pearl Millet** with light seasoning. These components cook well together and complement each other. Wild rice takes much longer to cook than white rice, so we do not blend those together.

No salt or Sugar added ! Whole Grains !

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 35 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, serve hot !!

INGREDIENTS: Basmati Supreme Rice of India, Wild Rice, Chia seeds, Millet, Sunflower Seeds, Onion and Garlic flakes and natural extract of spices.

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



Brown Basmati-Wild Rice from the bag, uncooked



Cooked Basmati-Wild Rice

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	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 44g	15%
Dietary Fiber 2g	9%
Sugars 1g	
Protein 5g	
Vitamin A 0%	Vitamin C 4%
Calcium 4%	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

Nutrient Content of Pearl Millet with comparison to Rice and Wheat

(Source: Millet Network of India, <http://www.milletindia.org>)

Crop / Nutrient	Protein(g)	Fiber(g)	Minerals(g)	Iron(mg)	Calcium(mg)
Pearl millet	10.6	1.3	2.3	16.9	38
Rice	6.8	0.2	0.6	0.7	10
Wheat	11.8	1.2	1.5	5.3	41