UNITED STATES DEPARTMENT OF AGRICULTURE

Household USDA Foods Fact Sheet

USDA FOODS
HEALTHY CHOICES
AMERICAN GROWN

# WILD RICE, HAND HARVESTED, WOOD-PARCHED

Date: November 2016 Code: 110692

## PRODUCT DESCRIPTION

- Hand harvested, wood-parched wild rice is a whole grain food that must be cooked before eating. Cooked wild rice can be added to your favorite recipe and served either hot or cold.

## PACK/YIELD

- Hand harvested, wood-parched wild rice is packed in 16 ounce packages, which is about 16 servings.

## STORAGE

- Store unopened packages of wild rice in the freezer.
- Once cooked, store any remaining cooked wild rice in the refrigerator in a tightly covered container not made from metal. Use within 3 days.

## PREPARATION/COOKING

Before cooking, rinse 1 cup of raw wild rice thoroughly under cold running water in a strainer. Add the raw wild rice to 3 cups of boiling water in a heavy saucepan or pot. Bring to a boil, then reduce heat and simmer until rice is tender. Makes approximately 3 to 4 cups (6 to 8 servings) of cooked rice.

## USES AND TIPS

- Use cooked wild rice in salads, casseroles, soups, or main dishes both hot and cold.

## NUTRITION INFORMATION

- 1 ounce of dry wild rice counts as 1 ounce in the MyPyramid.gov Grains Group. For a 2,000-calorie diet, the daily recommendation is about 3 to 4 ounce equivalents. A serving of cooked wild rice is ½ cup.
- A 1 ounce serving of wild rice provides about 6 grams of protein.

## FOOD SAFETY INFORMATION

- Before use, visually inspect the package. If the package is open or contains foreign material, **do not use**.
- If the food has a bad odor, **do not use**.

## OTHER RESOURCES

- http://www.whatscooking.fns.usda.gov
- www.choosemyplate.gov

## NUTRITION FACTS

Serving size: ¼ cup (40g) dry wild rice, hand harvested, wood-parched

**Amount Per Serving**

**Calories** 140 Calories from Fat **0**

| | % Daily Value* |
|---|---|
| **Total Fat** 0.43g | **<1%** |
| Saturated Fat 0g | **0%** |
| *Trans* Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 0mg | **0%** |
| **Total Carbohydrate** 30g | **0%** |
| Dietary Fiber 2g | **0%** |
| Sugars 1g | |
| **Protein** 6g | |

| | | | |
|---|---|---|---|
| Vitamin A | 0% | Vitamin C | 0% |
| Calcium | 0% | Iron | 4% |

*Percent Daily Values are based on a 2,000 calorie diet.

USDA is an equal opportunity provider, employer, and lender.