



WILD RICE FLOUR

BELB

Description: Our wild rice flour is premium grade wild rice milled into a tan colored flour

Physical Properties

Appearance	Light to dark tan.
Size	Minimum 95% - US #40 Screen

Organoleptic Properties

Flavor	Typical of wild rice, nutty.
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Chemical Properties

Moisture	Maximum: 10 %	Method: Halogen Thermogravimetric Analysis
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Microbiological Properties

Standard Plate Count	Maximum: 500,000 cfu/g	Method: FDA BAM or AOAC equivalent
Coliform	Maximum: 250 cfu/g	Method: FDA BAM or AOAC equivalent
Yeast	Maximum: 1000 cfu/g	Method: FDA BAM or AOAC equivalent
Mold	Maximum: 1000 cfu/g	Method: FDA BAM or AOAC equivalent
Salmonella	NEG/25g	Method: FDA BAM or AOAC equivalent

Packaging, Labeling, Storage

Packaging	Bag in box, food grade paper bag or to customer specification.
Receiving Conditions	Product should be shipped and handled in a sanitary manner.
Storage Conditions	Store in a dry, cool place.
Shelf Life	36 months (under optimum storage conditions).

Other

Gluten Status	This product (and if applicable its ingredients) by nature does not contain the gluten proteins found in wheat, rye or barley. This product has not been tested to verify gluten levels less than 20 ppm.
Natural Status	This product is a 100% pure, natural substance. It does not contain any artificial, synthetic or natural identical additives.
BE Status	This product does not contain bioengineered ingredients.
Vegan Status	This product does not contain any animal derived products including meat, milk, seafood, eggs, honey or bone char.



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Halal Status

This product does not contain alcohol, natural L-cysteine extracted from hair or feathers, animal fats and/or extracts, bloods of any origin, blood plasma, pork and/or other meat by-products & alcohol is not used as a processing aid.

Raw Product Statement

This is a raw agricultural commodity. Further processing may be needed to reduce microbial levels. Suitability is at the discretion of the customer and should be dependent upon product and application.

SDS Waiver

To the best of our knowledge this product is non-hazardous and not subject to the requirements of 29 CFR 1910.1200. Although this product does not require specific hazard precautions, users should take care to minimize personnel exposure and workplace contamination.

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ALLERGEN STATEMENT

"Q #1: Does the item above contain any of the following allergens or their derivatives?"		"Q #2: Is the item above produced on equipment that comes in contact with any of the following allergens?"		"Q #3: Is the item above produced in a facility that uses or processes these allergens?"		ALLERGENS
YES	NO	YES	NO	YES	NO	
	X	X		X		MILK
	X	X		X		EGGS
	X	X		X		SOYBEANS
	X	X		X		WHEAT
	X		X		X	PEANUTS
	X	X		X		TREE NUTS
	X		X		X	FISH
	X		X		X	CRUSTACEAN SHELLFISH
	X	X		X		SESAME
	X	X		X		MUSTARD
	X	X		X		ADDED SULFITES

Equipment is cleaned and sanitized between production runs to prevent allergens from contaminating non-allergenic products.



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Ingredient Statement

Wild rice.

Product Certifications

Certified Kosher Parve

Proximate Analysis

Protein	14.73	g
Carbohydrate	74.90	g
Moisture	7.76	g
Ash	1.53	g
Fat	1.08	g

Nutritional Analysis

Serving Size	100.00	g
Calories	357.00	
Total Fat	1.08	g
Saturated Fat	0.16	g
Trans. Fat	0.00	g
Cholesterol	0.00	mg
Sodium	7.00	mg
Total Carbohydrates	74.90	g
Dietary Fiber	6.20	g
Sugars	2.50	g
Protein	14.73	g
Vitamin A	19.00	IU
Vitamin C	0.00	mg
Calcium	21.00	mg
Iron	1.96	mg
Added Sugars	0.00	g
Vitamin D	0.00	mcg
Potassium	427.00	mg



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NON
GMO

GLUTEN
FREE

STORE IN A DRY, COOL PLACE.

Nutrition Facts

servings per container	
Serving size about 1/4 cup (30g)	
Amount per serving	
Calories	110
	% Daily Value*
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total Carbohydrate 22 g	8%
Dietary Fiber 2 g	7%
Total Sugars 1 g	
Includes 0 g Added Sugars	0%
Protein 4 g	
Vitamin D 0.0 mcg	0%
Calcium 6.3 mg	0%
Iron 0.6 mg	4%
Potassium 128.1 mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Wild Rice Flour is premium grade wild rice milled into tan-colored flour for multiple cooking and baking applications. We take the same high-quality wild rice we sell whole and grind it to a flour with a light, nutty flavor for our Wild Rice Flour.

- Lush, light nutty wild rice flavor
- Light to dark tan color
- Distinct earthy flavor and texture
- Naturally gluten free
- All natural

BASIC PREP

Ready to use. Add as needed. Sifting is optional. Silky textured flour does not clump.

SUGGESTED USES

- Use for breads or baked goods and in batters for frying
- Coat chicken or fish before deep frying or pan roasting
- Use to thicken soups, sauces and gravies
- Add pancakes, muffins, scones and cookies
- Use as a gluten-free alternative to any recipe that calls for white or wheat flour

RECIPE

Wild Rice Pancakes

1-1/2 cups all-purpose flour
1/2 cup Wild Rice Flour
1/3 cup cane sugar
1 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon fine sea salt
2-1/2 cups milk
2 eggs, lightly beaten
1/2 teaspoon pure vanilla extract
2 tablespoons melted butter
1 cup cooked Wild Rice
Maple syrup, for serving
Butter for serving

Combine flour, Wild Rice Flour sugar, baking powder, baking soda and salt in a large bowl, whisking to combine. Mix together milk, eggs and vanilla extract in separate bowl.

Add wet ingredients to dry, stirring gently until just incorporated. Add more milk if batter looks too thick. It should be easily pourable. Add melted butter to batter, stirring to incorporate. Stir in cooked Wild Rice.

Heat a skillet or griddle over medium-low heat until hot. Melt a small pat of butter, and immediately ladle 1/2-cup portions of batter onto skillet. Cook until golden brown, then flip and cook other side. Repeat with remaining batter.

Serve with maple syrup and butter.

Makes 8 servings

Change up the Saturday morning routine with these hearty pancakes, which get a double-dose of nutty flavor and texture from Wild Rice Flour and cooked Wild Rice.

INGREDIENTS

Wild Rice.



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COUNTRY OF ORIGIN DECLARATION

THIS PRODUCT ORIGINATES FROM UNITED STATES