

Rice Pilaf

Ingredients	Gram
White rice	240
Boiling water	480
Butter	30
Salt	5
Precooked Pea flour	50

Procedures

- Hold rice in boiling water for 15 minutes
- Combine butter salt and pea flour in the pot and fry
- Add boiled rice on the combination
- Add additional boiling water in the pot

Nutrition Facts

Serving Size (80g)	
Servings Per Container	
Amount Per Serving	
Calories 180	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 280mg	12%
Total Carbohydrate 31g	10%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 4g	
Vitamin A 2%	• 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 80g
Saturated 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	



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