



# 'FORBIDDEN' BLACK RICE

## Emperor's Choice

### Garlic-Pepper

This Ready to Eat Black Rice is an imported, Rare Chinese Black Rice. It is slightly sweet and sour, is mildly hot and a bit crunchy. Simple ingredients preserve the beauty of this **Exquisite Black Rice.**

**DIRECTIONS:** Cut at the notch to make a small vent and heat in a microwave for about 1 min. Empty the pouch in a serving dish. For stove top, empty the pouch in a heavy skillet and heat on low heat to desired serving temperature. Handle with care as the pouch and contents will be very hot !

**INGREDIENTS:** Imported Chinese Black Rice, Water, Vinegar, Sugar, Soy Oil, Fresh Garlic, Salt, Crushed Red Pepper.

Following are unedited photos of the Black Rice pouch and a freshly made serving of the Black Rice with garnish on a Chinese cabbage leaf:



<b>Nutrition Facts</b>	Amount/Serving	% DV *	Amount/Serving	% DV *
	<b>Total Fat</b> 4g		<b>5%</b>	<b>Total Carb.</b> 42g
Sat. Fat 0g		<b>0%</b>	Fiber 3g	<b>11%</b>
<i>Trans</i> Fat 0g			Total Sugars 2g	
<b>Cholest.</b> 0mg		<b>0%</b>	Incl. 2g Added Sugars	<b>3%</b>
<b>Sodium</b> 400mg		<b>17%</b>	<b>Protein</b> 6g	
Vitamin D 0mcg 0% • Calcium 10mg 0% • Iron 0.1mg 0% Potassium 20mg 0%				

2 servings per container

**Serv. Size**  
4 oz (113g)

**Calories** **210**  
per serving