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# Organic Potlatch Pilaf

Facts Based on 1lb Unit

<b>Nutrition Facts</b>	
9 servings per container	
<b>Serving size</b>	<b>1/4 cup dry (50g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>180</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 7g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.8mg	4%
Potassium 210mg	4%
Vitamin A 0mcg	0%
Vitamin C 0mg	0%
Niacin 3.8mg	25%
Phosphorus 40mg	4%
Magnesium 70mg	15%
Zinc 2.2mg	20%
Copper 0.1mg	6%
Manganese 0.1mg	6%

\* 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.

Country of Origin: USA

Certified Organic by:  
 Washington State Dept. of  
 Agriculture

Kosher Certified

Allergen Alert:  
 Contains Wheat

Processed in a Nut Free facility

Stovetop Cooking Directions

Sauté 1 cup pilaf in 1 Tablespoon  
 olive oil until blended. Add 2 ¼  
 water or broth. Cover and simmer  
 on low for 35-40 minutes. Turn  
 off heat. Let stand for 10 minutes.

Serve warm.

