



5mm x 12.5mm

Certified Gluten Free by the Celiac Support Association.



TEAR HERE.

Have a Grain Day!TM**HODGSON
MILL[®]**

Since 1882, Hodgson Mill has provided wholesome products that are delicious and nutritious. The original mill stands today as a testament to ingenuity, hard work and perseverance. Those traditional values still drive us today, in a state of the art facility where we provide quality and service unparalleled.

Basic Cooking Directions:

1. Combine 1 part buckwheat groats with 2 parts water in a medium sized saucepan with lid.
2. Cover and bring mixture to a boil.
3. Reduce heat to medium-low and simmer until tender, about 15-20 minutes.

To shorten cooking time and give your buckwheat a mild nutty flavor, try toasting your buckwheat groats before cooking. Toasted buckwheat groats are often referred to as buckwheat kasha. Simply place your buckwheat groats in a dry skillet on medium heat and stir until browned, about 5 minutes. Then continue with basic cooking directions.

Buckwheat Groats can be cooked and eaten as a hot cereal, added to salads and soups, ground into gluten free flour or sprouted for optimum nutrition.

Produced in a peanut free facility.

This package sold by weight, not by volume.
Contents may have settled during shipping.

For our full line of products, information, recipes & more, visit

HodgsonMill.com**Nutrition Facts**

Serving Size 1/4 cup (42g)
Servings Per Container about 5

Amount Per Serving

Calories 140 **Calories from Fat 10**

% Daily Value*

Total Fat 1.5g **2%**Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%****Sodium 5mg** **0%****Potassium 180mg** **5%****Total Carbohydrate 30g** **10%**Dietary Fiber 2g **8%**

Sugars 0g

Protein 5g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 8%

Phosphorus 15% • Magnesium 25%

*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
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Buckwheat Groats.

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