



TEAR HERE.

Have a Grain Day!™

**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 Side Dish Directions:

1. Combine contents of package with 1 2/3 cups water or broth in a medium sized saucepan with lid.
2. Cover and bring to a boil.
3. Reduce heat to medium-low and simmer until liquid is absorbed, about 15 minutes.
4. Remove from heat and stir. If excess water remains, allow covered mixture to rest 5 minutes. Season to taste and serve.

Yield: 3-4 servings.

Try substituting KAMUT® Khorasan Wheat in your favorite rice recipe. For variety, add a combination of chopped and sautéed vegetables and/or meats to your cooked KAMUT® dish.

KAMUT® Khorasan Wheat can also be used to make a delicious hot breakfast cereal. Follow directions above, but use 2 1/3 cups water or milk, simmer for 15 minutes and add favorite toppings.

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 3.5

Amount Per Serving

Calories 150 **Calories from Fat 5**

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 29g **10%**

Dietary Fiber 4g **16%**

Sugars 0g

Protein 7g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 6%

Thiamin 15% • Niacin 15%

Phosphorus 15% • Magnesium 15%

*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

INGREDIENTS: Organic Cracked KAMUT® Khorasan Bulgur Wheat.

Contains: Wheat.



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