



Eat well. Live well.

- ✓ 6g Fiber
- ✓ 8g Protein
- ✓ Low Sodium



Perfect
SENSE™

LifeSides™

KAMUT® with Lentils
Brand Khorasan Wheat

A Blend of Ancient Super Grains

Roasted Garlic



NET WT 5 oz. 142 g



Eat well. Live well.

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



Perfect
SENSE™

Directions:

- Combine entire package contents with 1 ½ cups water or broth in a medium-sized saucepan.
Optional: add 1 Tbsp. butter or olive oil.
- Cover and bring mixture to a boil.
- Reduce heat to medium-low and simmer for 15 minutes. Near the end of cooking time, add an additional 1-2 Tbsp. of water or broth if mixture begins to look dry.
- Turn off heat and stir. If excess water remains- allow to rest for 5 minutes.
- Season to taste, and serve.
Yield: 3-4 servings.

Creative Inspirations:

- Stir in 1-2 Tbsp. of prepared pesto; sprinkle with toasted pine nuts.
- Delicious with chopped and sautéed onions and mushrooms.
- Try in place of rice with your favorite stir fry recipe.



F510

Nutrition Facts

Serving Size 1/4 Cup (43g)
Servings Per Container about 3.5

Amount Per Serving		
Calories	150	Calories from Fat 10
		% Daily Value*
Total Fat	1g	2%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	140mg	6%
Potassium	350mg	10%
Total Carbohydrate	28g	9%
Dietary Fiber	6g	24%
Sugars	2g	
Protein	8g	
Vitamin A	0%	Vitamin C 2%
Calcium	2%	Iron 10%
Thiamin	15%	Phosphorus 15%
Magnesium	10%	
*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: Organic Cracked KAMUT® Khorasan Bulgur Wheat, Organic Precooked Green Split Peas, Organic Precooked Yellow Split Peas, Organic Split Red Lentils, Organic Tricolor Quinoa, Roasted Garlic Seasoning (Organic Garlic Powder, Sea Salt, Organic Onion Powder, Organic Sugar, Yeast Extract, Dehydrated Organic Spices, Potassium Chloride, Contains 2% or Less of: Organic Olive Oil, Natural Flavors, Organic Maltodextrin).

Contains Wheat.
Packaged in a peanut-free facility.

Manufactured by Hodgson Mill, Inc.
1100 Stevens Avenue, Effingham IL 62401
Certified Organic by OTCO.