



Eat well. Live well.

- ✓ 6g Fiber
- ✓ 7g Protein
- ✓ Low Sodium



# Perfect SENSE™

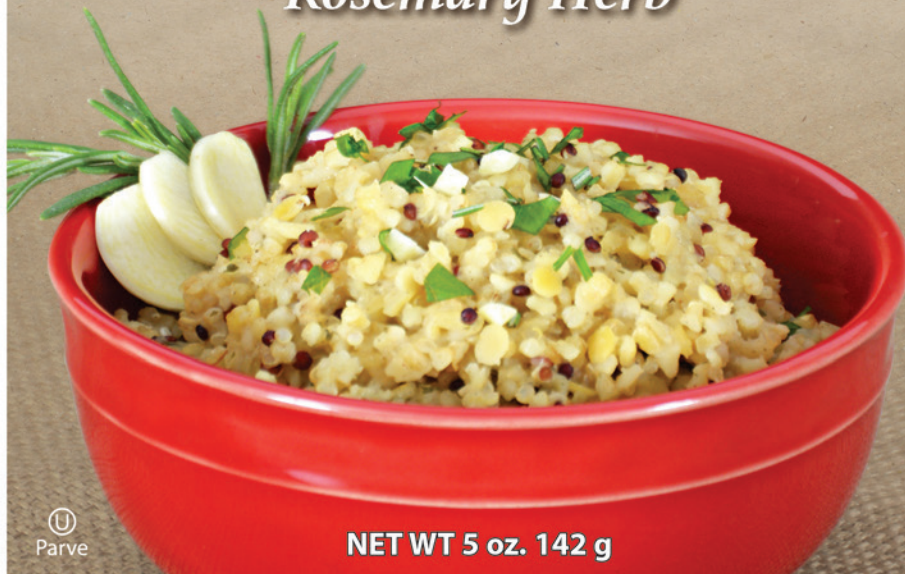
LifeSides™

## KAMUT® with Quinoa

Brand Khorasan Wheat

A Blend of Ancient Super Grains

*Rosemary Herb*



NET WT 5 oz. 142 g



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



# Perfect SENSE™

### Directions:

- Combine entire package contents with 1 1/2 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:

- Sprinkle with 1-2 Tbsp. of grated parmesan or crumbled feta cheese.
- Drizzle lightly with olive oil & balsamic vinegar.
- Combine with cheese and marinara sauce; spoon into hollowed out bell peppers; bake at 375° F until tender.



F511

### Nutrition Facts

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

Amount Per Serving	
<b>Calories 150</b>	<b>Calories from Fat 10</b>
<b>% Daily Value*</b>	
<b>Total Fat 1g</b>	<b>2%</b>
<b>Saturated Fat 0g</b>	<b>0%</b>
<b>Trans Fat 0g</b>	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 140mg</b>	<b>6%</b>
<b>Potassium 340mg</b>	<b>10%</b>
<b>Total Carbohydrate 28g</b>	<b>9%</b>
<b>Dietary Fiber 6g</b>	<b>24%</b>
<b>Sugars 1g</b>	
<b>Protein 7g</b>	
<b>Vitamin A 0%</b>	<b>Vitamin C 2%</b>
<b>Calcium 2%</b>	<b>Iron 10%</b>
<b>Thiamin 15%</b>	<b>Phosphorus 15%</b>
<b>Magnesium 10%</b>	
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	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
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

**INGREDIENTS:** Organic Cracked KAMUT® Khorasan Bulgur Wheat, Organic Split Red Lentils, Organic Tricolor Quinoa, Rosemary Herb Seasoning (Organic Garlic Powder, Organic Onion Powder, Sea Salt, Organic Maltodextrin, Yeast Extract, Organic Dehydrated Spices, Organic Sugar, Organic Rosemary, Potassium Chloride, Contains 2% or Less of: Organic Olive Oil, Natural Flavor).

Contains Wheat.  
Packaged in a peanut-free facility.

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