



Eat well. Live well.

- ✓ 3g Fiber
- ✓ 4g Protein
- ✓ Low Sodium



Perfect SENSE™

LifeSides™ *Gluten Free*

Ruby Red Rice

A Blend of Ancient Super Grains

Sesame Ginger



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NET WT 5 oz. 142 g

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Perfect SENSE™

Directions:

1. Combine entire package contents with 1 ½ cups water or broth in a medium-sized saucepan.
Optional: add 1 Tbsp. butter or olive oil.
2. Cover and bring mixture to a boil.
3. Reduce heat to medium-low and simmer until liquid is absorbed, about 27-30 minutes.
4. Turn off heat and stir.
5. Season to taste and serve.
Yield: 3-4 servings.

Creative Inspirations:

- For a little zing, try adding 2 Tbsp of lemon juice after cooking.
- Combine with minced garlic & sliced green onions for a natural flavor boost.
- Add your favorite sautéed vegetables for a delicious meatless meal.



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

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	250mg	7%
Total Carbohydrate	32g	11%
Dietary Fiber	3g	12%
Sugars	2g	
Protein	4g	
Vitamin A	0%	Vitamin C 0%
Calcium	2%	Iron 6%
Thiamin	10%	Phosphorus 10%
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
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 Ruby Red Jasmine Rice, Organic Precooked & Sprouted Brown Rice, Organic Pearled White Sorghum, Organic Split Red Lentils, Organic Tricolor Quinoa, Sesame Ginger Seasoning (Organic Sugar, Organic Maltodextrin, Organic Soy Sauce Powder [Organic Tamari Soy Sauce (Organic Soybeans, Salt), Organic Maltodextrin, Salt], Sea Salt, Organic Onion Powder, Natural Flavors, Organic Dehydrated Ginger, Organic Dehydrated Spices, Organic Garlic Powder, Potassium Chloride, Yeast Extract, Contains 2% or Less of: Citric Acid).

Contains Soy.
Packaged in a peanut-free facility.

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