



Eat well. Live well.

- ✓ 4g Fiber
- ✓ 6g Protein
- ✓ Low Sodium



# Perfect SENSE™

LifeSides™ *Gluten Free*

## Pearled Sorghum

A Blend of Ancient Super Grains

*Fire Roasted Red Pepper*



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:

1. Combine entire package contents with 1 ¾ cups water or broth in a medium-sized saucepan (non-stick works best).  
*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 17-20 minutes.
4. Turn off heat and stir. If excess water remains, allow to rest for 5 minutes.
5. Season to taste and serve warm.  
Yield: 3-4 servings.

### Creative Inspirations:

- Mix with chopped & sautéed red bell pepper.
- Stir in ½ cup of your favorite salsa.
- Combine with sautéed peppers & seasoned meat; spoon into tortillas for a nutritious spin on fajitas.

### Nutrition Facts

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

Amount Per Serving	
<b>Calories 160</b>	<b>Calories from Fat 20</b>
	<b>% Daily Value*</b>
<b>Total Fat 2g</b>	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 135mg</b>	<b>6%</b>
<b>Potassium 360mg</b>	<b>10%</b>
<b>Total Carbohydrate 29g</b>	<b>10%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 2g	
<b>Protein 6g</b>	
Vitamin A 10%	Vitamin C 60%
Calcium 4%	Iron 10%
Thiamin 10%	Phosphorus 15%
<b>Magnesium 15%</b>	

\*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 Precooked & Sprouted Brown Rice, Organic Pearled & Cracked White Sorghum, Organic Tricolor Quinoa, Organic White Quinoa, Organic Precooked & Sprouted Lentils, Fire Roasted Red Pepper Seasoning (Organic Dehydrated Red Bell Pepper, Sea Salt, Organic Dehydrated Tomato, Organic Maltodextrin, Organic Sugar, Organic Onion Powder, Potassium Chloride, Organic Garlic Powder, Organic Dehydrated Spices, Contains 2% or Less of: Organic Olive Oil, Yeast Extract, Natural Smoke Flavor, Natural Flavor, Citric Acid), Organic Black Chia Seeds.

Packaged in a peanut-free facility.

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



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