

1238G

Have a Grain Day!TM

Push In & Pull Up

Elbows Made With White Whole Wheat & Quinoa

With Mild White Cheddar Cheese

ULTRAGRAIN[®] MACARONI & CHEESE

WITH QUINOA

HODGSON MILL

ULTRAGRAIN[®] MACARONI & CHEESE

WITH QUINOA

NEW & IMPROVED!

ULTRAGRAIN[®] MACARONI & CHEESE

WITH QUINOA

1 cup

6

+

1 tsp.

1 tsp. salt (optional)

6 cups water

In a large pot, bring 6 cups water to a rolling boil (add 1 tsp. salt, if desired). Stir in Ultragrain[®] elbows; bring to boil again. Boil 7 or more minutes until desired tenderness; drain. Return to pan.

1/4 cup

+

1/4

1/4 cup butter (1/2 stick) 1/4 cup milk

Add 1/4 cup butter, 1/4 cup milk & contents of cheese sauce packet; mix until melted and creamy.

YIELD: about 3 cups.

TO REHEAT:
Add 1 Tbsp. milk or water to each 1 cup serving. Microwave on HIGH 2 minutes, stirring after 1 minute
OR reheat in saucepan over low heat.

ULTRAGRAIN Macaroni & Cheese Tuna Casserole

Preheat oven to 350°F. Cook as directed above. Transfer to large oven-safe dish and mix in:
1 can (8 oz.) drained peas
1 can (6.5 oz) flaked tuna
1/4 cup chopped green peppers
1/4 cup chopped onions
Top with 1/4 cup bread crumbs.
Bake 20 minutes, or until browned.

Nutrition Facts

Serving Size 2.5 oz (70g/ about 1/3 Box)
(Makes about 1 cup)
Servings Per Container about 3

Amount Per Serving	As Packaged	As Prepared
Calories	240	380
Calories from Fat	15	150
		% Daily Value**
Total Fat 1.5g*	2%	26%
Saturated Fat 0.5g	3%	55%
Trans Fat 0g		
Cholesterol 0mg	0%	15%
Sodium 510mg	21%	21%
Total Carbohydrate 49g	16%	17%
Dietary Fiber 3g	12%	12%
Sugars 8g		
Protein 9g		
Vitamin A	0%	10%
Vitamin C	0%	0%
Calcium	8%	10%
Iron	8%	8%

*Amount as packaged. Preparing as directed with butter and 2% milk contributes an additional 140 Calories (140 Calories from Fat), 16g Total Fat (11 g Saturated Fat, 0.5 g Trans Fat), 45 mg Cholesterol, 1 g Total Carbohydrate (1g Sugars), 1 g Protein. Additional salt by preference increases sodium levels.
**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	Less than	300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: Ultragrain[®] Macaroni Product (Ultragrain[®] Whole Grain Wheat Flour, Semolina Flour, Quinoa Flour), White Cheese Sauce Mix (Whey, Enriched & Bleached Wheat Flour (Containing Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Cheddar Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Modified Food Starch, Maltodextrin, Autolyzed Yeast Extract, Guar Gum, and Disodium Phosphate).
CONTAINS: Milk, Wheat

Hodgson Mill, Inc. 1100 Stevens Ave.
Effingham, IL 62401 800.525.0177

Produced in a peanut/tree nut free facility.
Produced on shared equipment.
May contain traces of egg or soy.
Partially produced with genetic engineering.

WHOLE GRAIN

29g or more per serving

WholeGrainsCouncil.org

EAT 48g OR MORE OF WHOLE GRAINS DAILY

Certified by the Whole Grains Council to have 29 grams or more per serving.

Family Owned Since 1882

Hodgson Mill is a family owned company expertly milling grain since 1882.

MADE IN USA

Hodgson Mill promises wholesome, delicious, quality products from America's Heartland.

ULTRAGRAIN[®] MACARONI & CHEESE

WITH QUINOA

Ready in minutes!

Serving Suggestion.

NET WT 7.25 oz. (206 g.)

WHOLE GRAIN

Enjoy the taste and texture of traditional pasta with the benefits of whole grains!

The secret is specially milled whole wheat Ultragrain[®] flour and premium quinoa, so you get protein and fiber in every delicious bite.

Proudly made in the USA according to a traditional Italian process.

Ultragrain[®] trademark is used under license from Ardent Mills, LLC.

Our Customer Service Team is always happy to hear from you. Comments and questions welcome.

Hodgson Mill, Inc.
1100 Stevens Ave.
Effingham, IL 62401
800.525.0177

HodgsonMill.com

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

ULTRAGRAIN[®] MACARONI & CHEESE

WITH QUINOA

0 71518 00015 8

100% Recycled Paperboard

3¹⁵/₃₂

1¹¹/₃₂

7³/₃₂ 9²⁵/₃₂