

Side Seal  
.25"

Side Seal  
.25"

Tear notch  
1 inch

1 inch

1 inch

Tear notch

15.75"

„960'S

7"

ALL NATURAL GLUTEN FREE

ADD WATER, HEAT & SERVE

READY IN 15 MINUTES



# QUINOA & BROWN RICE

SPICY

CLEAR WINDOW



Per Serving



LOW SODIUM Parve

NET WT 5oz. 142g



#### Directions:

1. Bring 1 3/4 cups of water to a boil.
2. Add entire contents of pouch and stir to combine.
3. Reduce heat to simmer and cover.
4. Simmer 14-15 minutes or until liquid is absorbed. Do not overcook.
5. Remove from heat and let stand for 5 minutes. Fluff with fork and serve.

*Have a Grain Day!*

For more information  
visit [HodgsonMill.com](http://HodgsonMill.com)

#### OUR GUARANTEE

Hodgson Mill, Inc. is dedicated to satisfying consumer demand for fine quality, healthy food products. If for any reason you are not satisfied with this product, we'll make it right. Simply send the complete pouch and your purchase price to:  
Hodgson Mill, Inc. 1100 Stevens Avenue  
Effingham, IL 62401 • (800)525.0177

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



F463B

#### Nutrition Facts

Serving Size: 1/4 Cup (41 g)  
Servings Per Container: about 3.5

Amount Per Serving	
Calories 140	Calories From Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 30g	10%
Dietary Fiber 2g	9%
Soluble Fiber 0g	
Insoluble Fiber 2g	
Sugars 1g	
Protein 5g	

Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	8%

\*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: Whole Grain Pre-washed Quinoa, Whole Grain Parboiled Long Grain Brown Rice, organic dehydrated vegetables (onion, carrot, tomato, red bell pepper and garlic), organic spices, organic dehydrated lemon peel and citric acid (contains mustard).



7"

Bottom Gusset  
1.75"