

Side Seal

.25"

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.25"

Tear notch

1 inch

1 inch

Tear notch

15.75"

ALL NATURAL GLUTEN FREE

ADD WATER, HEAT & SERVE

READY IN 15 MINUTES



QUINOA & BROWN RICE

ITALIAN

CLEAR WINDOW



EAT 48g OR MORE OF
WHOLE GRAINS DAILY



Per Serving

140
CALORIES

0g
SAT FAT
0% DIV

60mg
SODIUM
3% DIV

<1g
SUGAR

2g
FIBER
9% DIV

5g
PROTEIN
10% DIV

LOW SODIUM Parve

NET WT 5oz. 142g



Directions:

1. Bring 1 1/4 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

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.



F461B

„960'S

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 60mg 3%

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 basil, organic oregano and organic rosemary.



7"

7"

Bottom Gusset

1.75"