ALL NATURAL   GLUTEN FREE
ADD WATER, HEAT & SERVE   READY IN 15 MINUTES

PREMIUM QUALITY
Since 1882
HODGSON WATER MILL
HODGSON MILL®

QUINOA
& BROWN RICE
LEMON PEPPER

CLEAR WINDOW

Celiac
SUPPORT ASSOCIATION™
Certified Product
Promoting a Gluten-Free You!

100%
WHOLE GRAIN
40g or more per serving
WholeGrainsCouncil.org
EAT 48g OR MORE OF WHOLE GRAINS DAILY

Per Serving

140 CALORIES	0g SAT FAT	45mg SODIUM	<1g SUGAR	2g FIBER	5g PROTEIN
	0% DIV	2% DIV		9% DIV	10% DIV

LOW SODIUM ⓤ Parve

NET WT 5oz. 142g

HODGSON MILL®

Directions:
1. Bring 1¾ 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.

♲ 7   F464B

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

Amount Per Serving
Calories 140 Calories   From Fat 10

	% 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 garlic, organic onion, organic herbs, organic carrot, organic black pepper, organic bell pepper, organic tomato, organic red pepper, organic spices, organic orange peel, organic lemon peel, citric acid (contains mustard)

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