



Gluten Free
Whole Grain

TEAR HERE.

*Have a Grain Day!*TM



LONG GRAIN BROWN RICE FLOUR



NET WT 16 oz. 454 g



Certified Gluten Free by the Celiac Support Association.



TEAR HERE.

*Have a Grain Day!*TM



Since 1882, Hodgson Mill has provided wholesome products that are delicious and nutritious. The original mill stands today as a testament to ingenuity, hard work and perseverance. Those traditional values still drive us today, in a state of the art facility where we provide quality and service unparalleled.

Hodgson Mill Long Grain Brown Rice Flour is expertly milled to contain all the benefits of whole grain brown rice including complex carbohydrates and rice protein that breaks down slowly. It is darker in color and rougher in texture than wheat flour, but it is much higher in B vitamins, iron and fiber. To extend the freshness of Long Grain Brown Rice Flour you can store it in the refrigerator or freezer. Bring to room temperature before baking.

Suggested Uses:

For a nutritional boost to your baked goods, you can substitute 1/4 of the all-purpose flour in the recipe for brown rice flour. Brown rice flour absorbs more moisture than wheat flour, so you may need to adjust the liquid in your recipe.

Simple Gluten Free Flour Blend

1-2/3 Cup Hodgson Mill Brown or White Rice Flour
2/3 Cup + 2 Tbsp. Hodgson Mill Tapioca Starch
3/4 tsp. Hodgson Mill Xanthan Gum

Mix all ingredients together well and store in an airtight container, preferably in the refrigerator. Use cup for cup as a replacement for wheat flour in your favorite recipes. Works especially well in recipes where a light, fluffy texture is desired such as pancakes and cakes.

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Nutrition Facts

Serving Size 1/4 cup (40g)
Servings Per Container about 11

Amount Per Serving	
Calories 140	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 30g	10%
Dietary Fiber 2g	8%
Soluble Fiber 0g	
Insoluble Fiber 1g	
Sugars 0g	

Protein 3g

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 4%

*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		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS:

Long Grain Brown Rice Flour.

Hodgson Mill, Inc., 1100 Stevens Ave.
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Produced in a peanut free facility.

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



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