HODGSON MILL

Have a Grain Day!™

Whole wheat nutrition with taste your whole family will love!

Enjoy our wholesome, delicious pasta made from premium USDA whole wheat. We use only whole grain amber Durum wheat, a variety of hard spring wheat with a rich color and flavor, recognized the world over for having the perfect characteristics for making pasta.

The Whole Grain Difference

Whole grains like we use include the nutritious bran and germ – refined flours don't.

- **Bran:** Protective outer covering *Fiber, B Vitamins & Trace Minerals*
- **Endosperm:** Starchy inner core *Energy, Carbohydrates & Protein*
- **Germ:** Tiny seedling inside grain *Antioxidants, Vitamin E & B*

— Directions —

Bring 4 quarts of water to boil. Salt to taste (optional). Add contents of package to boiling water; stir vigorously until water boils again (approx. 30 seconds). Cook **7 to 9 minutes** or until desired tenderness. DO NOT OVERCOOK. Drain. **Yield:** 6 servings.

Nutrition Facts

8 servings per container
Serving size
2 oz. dry (57g)

Calories per serving 210

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 1.5g	2%	**Total Carbohydrate** 41g	15%
Saturated Fat 0g	0%	Dietary Fiber 5g	18%
Trans Fat 0g		Total Sugars 2g	
Cholesterol 0mg	0%	Includes 0g Added Sugars	0%
Sodium 0mg	0%	**Protein** 8g	

Vitamin D 0mcg 0% • Calcium 12mg 0% • Iron 2mg 10%
Potassium 240mg 6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

INGREDIENTS: Whole Grain Durum Wheat Flour.

Hodgson Mill, Inc., 1100 Stevens Ave. Effingham, IL 62401 • 800.525.0177
Our Customer Service Team is always happy to hear from you. Comments and questions welcome.

Produced in a peanut/tree nut free facility. Produced on shared equipment. May contain traces of soy or eggs.

— Family Style Whole Grain Meatballs —

2 lb. lean ground beef
1 cup **Hodgson Mill Oat Bran Cereal** or **Quick Oats**
1/2 cup Parmesan cheese, grated
1/2 cup milk
2 eggs
2 tsp. Italian seasoning
1 tsp. garlic powder (or 4 cloves, minced)
1/2 cup chopped fresh parsley (optional)
1 tsp. salt
1/2 tsp. pepper

Preheat oven to 375°F. Line large baking pan with lip with parchment paper or foil. In large bowl, mix all ingredients well. Roll into 48 golf ball sized meatballs and place on prepared pan. Bake 10 minutes, turn, and cook 5-7 more minutes until browned and no longer pink in center. Serve with tomato or marinara sauce and Parmesan cheese over 16 oz. cooked Hodgson Mill Whole Wheat Spaghetti.
Yield: Makes 48 meatballs. (about 6-8 servings)

Note: These freeze well either before or after baking. Heat from frozen and cook several extra minutes, until done all the way through.

HodgsonMill.com

100% Recycled Paperboard

MADE IN USA

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

Family Owned ~ Since 1882 ~

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

Look for the entire line of Hodgson Mill products in the Flour, Corn Meal, Cereal, Pasta, Side Dish, Baking Mix and Gluten Free sections of your supermarket, or visit us online!

100% WHOLE GRAIN

5g or more per serving

EAT six or MORE OF WHOLE GRAINS DAILY

Certified by the Whole Grains Council to have 57 grams or more per serving.

Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers.

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

HODGSON MILL

— Italian Meat Sauce —

1/2 lb. bulk Italian sausage
1 lb. lean ground beef or turkey
2 medium onions, chopped
1 medium green pepper, chopped
1 can (15 oz.) tomato sauce
1 can (28 oz.) chopped tomatoes, undrained
1 can (6 oz.) tomato paste
1/2 cup water
1 can (4 oz.) sliced mushrooms, drained
2 tsp. Italian seasoning
2 tsp. sugar
1/4 tsp. garlic powder
1/4 tsp. ground black pepper

In a large skillet, brown sausage and beef until no longer pink; drain. Add onion and green pepper and cook until tender, about 5 minutes. Stir in rest of ingredients; bring to a boil. Reduce heat; simmer 20-30 minutes until thick, stirring occasionally. Serve warm over 16 oz. (1 pkg.) cooked Hodgson Mill Whole Wheat Spaghetti. **Yield:** 6-8 servings.

Have a Grain Day!™

Good Source of Fiber • Rich In Whole Grain

PREMIUM QUALITY Since 1882

HODGSON MILL®

NEW LOOK! SAME GREAT TASTE!

WHOLE WHEAT SPAGHETTI PREMIUM PASTA

No Cello

No Cello

Serving Suggestion.

WHOLE GRAIN

NON GMO Project VERIFIED nongmoproject.org

WHOLE WHEAT SPAGHETTI PREMIUM PASTA

NET WT 16 oz. (454 g.)

Parve

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HODGSON MILL®

WHOLE WHEAT SPAGHETTI PREMIUM PASTA

USE BY:

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