Tear notch

Tear notch

TEAR HERE.

Have a Grain Day!..

(makes 3/4 cup prepared) 1/4 cnb qu3 (428) Serving size about 3 servings per container **Nutrition Facts**

09 L

% Daily Value*

Amount per serving

Calories

Total Fat 2g

Rosemary & Olive Oil

or in salads, soups, wraps, casseroles & more! Serve anytime in place of refined white rice; try as a side, source of complete protein, in Just 20 minutes. and ancient grain Quinoa (keen-wah), a plant-based Enjoy lightly seasoned, fluffy, whole grain Brown Rice

Directions:

- Optional: add 1 Tbsp. butter or olive oil. saucepan with tight-fitting lid (nonstick works best). 1. Add pouch contents + 1-1/2 cups water or broth into
- 2. Cover with lid and bring to a boil.
- or until liquid is almost completely absorbed. 3. Reduce heat; cook at a rapid simmer 14-15 minutes,
- 4. Remove from heat and let rest covered for 5 minutes.
- 5. Stir, season to taste, and serve. Yield: 3-4 servings.

Creative Ideas:

- Serve with roasted squash, chickpeas & Parmesan • Add to chicken soup for a whole grain twist
- Enjoy with sautéed chicken, garlic & sliced bell peppers

Find cooking tips, recipe ideas and more about supergrains online!

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TCF0.522.008 • F046a IL 62401 Inc., 1100 Stevens Ave. Effingham, IL 62401 • 800.525.017 Our Customer Service Team is always happy to hear from you. Comments and questions welcome.

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Bottom Gusset

1.75″

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

Dehydrated

Iron 2mg Calcium 33mg

Vitamin D Omcg

Total Sugars 1g

Dietary Fiber 3g

Sodium 300mg

Cholesterol Omg

Trans Fat 0g Saturated Fat 0g

Total Carbohydrate 31g

Protein 5g

Produced on shared equipment. May contain traces of dairy or soy. Produced in a peanut free facility.

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Hodgson Mill, Inc., 1100 Stevens Ave.

INGREDIENTS: Whole Grain Quinoa, Whole Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

*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.

Jucindes 0g Added Sugars









Grain Parboiled Brown Rice, Garlic*, Onion*, Sea Salt, Spices, Organic Cane Sugar, Yeast Extract, Olive Oil.



CLEAR