

Hodgson Mill #3037 Print Side

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GLUTEN FREE SEASONED COATING MIX

HODGSON MILL

GLUTEN FREE SEASONED COATING MIX



Our premium quality Gluten Free Seasoned Coating Mix begins with all natural, gluten free ingredients that are both additive and preservative free. We batch test using an ELISA Gluten Assay test to ensure that a quality product is delivered to you, our most valued customer.

At Hodgson Mill, "We do something special for all our customers".

www.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 bottom of this box and your purchase price to:

Hodgson Mill, Inc.
1100 Stevens Avenue
Effingham, IL 62401
(800)525.0177
www.HodgsonMill.com

CARTON MADE WITH 100% Recycled Paperboard

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

Whole Grain
No MSG



10 Herbs
and Spices

Gluten Free

SEASONED COATING MIX



Coating for
Chicken, Pork,
Beef, Seafood,
Vegetables and
Gravies

NET WT. 10 oz. (283g)

Sealed Inner Pouch

Parve

HODGSON MILL

GLUTEN FREE SEASONED COATING MIX



USE BY:

HODGSON MILL

GLUTEN FREE SEASONED COATING MIX

1334C

HODGSON MILL

GLUTEN FREE SEASONED COATING MIX

Have a Grain Day!

GLUTEN FREE SEASONED COATING MIX

Oven Fried Chicken

Heat oven to 400°F. Moisten chicken with water. Roll in Gluten Free Seasoned Coating Mix. Heat shallow pan, skillet, or glass baking dish containing thin layer of vegetable oil in oven for 3-5 minutes. (Heating time will vary according to type of baking pan.) Place chicken in pan and bake approximately 20 to 30 minutes until brown on bottom side. Turn and bake an additional 20 to 30 minutes until done or juices run clear. (Baking time will vary with number and sizes of chicken pieces.)

Southern Fried Chicken

Rinse chicken. Soak in buttermilk for 15 minutes or more. Remove chicken from buttermilk and discard buttermilk. Coat with Gluten Free Seasoned Coating Mix. Fry in approximately one inch of preheated vegetable oil at 380°F to 400°F until brown.

Fried Vegetables

(Mushrooms, Zucchini, Egg Plant, Okra, Onion Rings, Potatoes, Cauliflower, Green Tomatoes.) Make batter by mixing 5 Tbsp. Gluten Free Seasoned Coating Mix with 1 egg. Add 2 Tbsp. water. Dip vegetables into batter, remove, and liberally coat with dry Gluten Free Seasoned Coating Mix. Fry coated vegetables in approximately 2 inches vegetable oil (temp 350°F) for about 2 minutes or until golden brown.

Fried Seafood

Dip seafood in mixture of egg and milk. Liberally coat with Gluten Free Seasoned Coating Mix. Fry approximately 3 to 4 minutes or until golden on each side. Drain on paper towel and serve.

Country Fried Beef or Chops

Liberally coat moist pieces of beef or chops with Gluten Free Seasoned Coating Mix. Fry in skillet (in approximately 1/4 inch vegetable oil) over medium heat on each side until done.

Country White Gravy

In a skillet melt 2 Tbsp. butter then add 2 Tbsp. of Gluten Free Seasoned Coating Mix. Stir until smooth. Blend in 1 cup of milk. Simmer and stir the gravy until desired thickness.

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Nutrition Facts

Serving Size 4 teaspoons (15g)
Servings Per Container 19

Amount Per Serving (Dry)	% Daily Value*
Calories 45	Calories from Fat 5
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 490mg	20%
Total Carbohydrate 10g	3%
Dietary Fiber less than 1g	3%
Soluble Fiber 0g	
Insoluble Fiber less than 1g	
Sugars 1g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

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

ALL NATURAL

GLUTEN FREE INGREDIENTS:

Brown Rice Flour,
Salt, Natural Spices
and Extracts

Produced in a peanut/tree
nut free environment.

Manufactured by:
Hodgson Mill, Inc., 1100 Stevens Avenue
Effingham, IL 62401, (800)525.0177

COLORTEK 14-0655 Gluten Free Seasoned Coating Mix 10oz I334C 4/9/2014

