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I223G

NO PRESERVATIVES • NO MSG

Fish Mix

**DON'S
CHUCK
WAGON®**
Fish Mix

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OUR GUARANTEE If for any reason you are not satisfied with this product, 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

Visit our website
www.HodgsonMill.com

Look for the entire line of Hodgson Mill® naturally wholesome and healthful food products in the **Flour, Corn Meal, Cereal, Pasta** and **Baking Mix** sections of your supermarket.



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

Mfg. by Hodgson Mill, Inc.
Effingham, IL 62401

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Great for
Baking or Frying!



U Parve

NET WT. 6 OZ. (170.10g)

Nutrition Facts

Serving Size 1/4 cup dry (30g)
Servings Per Container about 6

Amount Per Serving (dry)		
Calories 95	Calories from Fat 5	
Total Fat 0g		% Daily Value*
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 710mg		29%
Total Carbohydrate 21g		7%
Dietary Fiber 1g		4%
Sugars 0g		0%
Protein 4g		

Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%
Thiamine 6%	Riboflavin 4%
Niacin 4%	

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20 g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: Yellow Corn Flour; Enriched and Bleached Wheat Flour (Niacin, Iron, Thiamine, Riboflavin, Folic Acid); Yellow Corn Meal; Salt; Corn Starch; Soy Flour; Paprika; Leavening (baking soda, monocalcium phosphate); Pepper; Dill Seed; Celery.

Produced in a peanut/tree nut free environment.

Fried Fish

PREHEAT:	2 inches or more shortening to 375°-385°F.
BATTER:	Combine package Don's Chuck Wagon® Fish Mix with 3/4 cup COLD water. Stir to smooth consistency (batter should be thin enough to run off spoon easily).
DIP:	fish in batter mix to cover thoroughly.
FRY:	about 4 minutes, turning occasionally. Drain on paper towels.

Baked Fish

PREHEAT:	Preheat oven to 375°F.
MIX:	Pour 1/4 cup of dry mix (per pound of fish) into a medium-sized bag.
MOISTEN:	thawed fish, then remove excess water.
SHAKE:	fish in bag until pieces are evenly coated.
SPREAD:	melted margarine to cover the bottom of shallow baking pan. Place fish in a single layer. Turn pieces to coat both sides with margarine.
BAKE:	15-20 minutes, depending upon thickness of fish.

**DON'S
CHUCK
WAGON®**



USE BY:



14-1098 Don's ChuckWagon Fish Mix 6oz I223G 5/23/2014

Cyan



Magenta



Yellow



485



Black

