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I343D

## USE BY:

Whole Wheat  
**couscous**  
with Milled Flax Seed & Soy

All Natural  
Low FatWhole Grain  
High Fiber

Whole Wheat  
**couscous**  
with Milled Flax Seed & Soy

## Stovetop Directions:

SERVINGS (about 1 cup cooked)	1	2	Approx. 5
Couscous	1/3 cup	2/3 cup	1 box
Water, Broth or Juice	1/2 cup	1 cup	2 cups
Olive Oil or Butter	1 tsp	2 tsp	1 Tbsp
Salt (optional)	1/8 tsp	1/4 tsp	1/2 tsp

1. In a medium saucepan, bring water, olive oil or butter and salt (optional) just to a boil.
2. Stir in couscous, cover.
3. Remove from heat. Let stand 5 minutes.
4. Fluff couscous lightly with fork before serving.

## Microwave Directions:

1. Combine water and salt (optional) in a 2 quart microwave safe bowl.
2. Microwave on high until boiling. Microwaves may vary, adjust times as needed.
3. Add couscous and olive oil or butter, stir. Cover; let stand 5 minutes.
4. Fluff couscous lightly with fork before serving.

Enjoy!

## Nutrition Facts

Serving Size 1/3 cup dry (57g)  
Servings Per Container 5

## Amount Per Serving

Calories 230 Calories from Fat 20

Total Fat 2g % Daily Value\* 4%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 48g 16%

Dietary Fiber 6g 24%

Sugars 1g

Protein 10g

Vitamin A 2% Vitamin C 0%

Calcium 2% Iron 10%

\*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	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber		25g	30g

PUSH TO  
OPEN

## INGREDIENTS:

Couscous (Precooked Whole Wheat Durum Flour), Roasted Soy Chips, Milled Flaxseed.

Produced in a peanut/tree nut free environment.

## 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 top and bottom flaps of this box and your purchase price to:  
Hodgson Mill, Inc.  
1100 Stevens Avenue  
Effingham, IL 62401  
(800)525.0177

CARTON MADE WITH



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

Responsibly Produced For  
Hodgson Mill, Inc.

Whole Wheat  
**couscous**  
with Milled Flax Seed & Soy

450mg  
Omega-3 Oils  
per serving!

NET WT 10oz. 284 g

© Parve

RICH IN  
WHOLE GRAINTO HELP REDUCE  
THE RISK OF  
HEART DISEASE AND  
CERTAIN CANCERS.

"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 certain cancers!"

## DID YOU KNOW?

Diets low in saturated fat and cholesterol that include 25 grams of soy protein a day may reduce the risk of heart disease.

One serving of Hodgson Mill Whole Wheat Couscous with Milled Flaxseed and Soy provides 6.25 grams of soy protein!

www.HodgsonMill.com

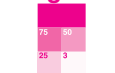
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14-1201 WW Couscous w Flax Seed &amp; Soy 10oz I343D 6/9/2014

Cyan



Magenta



Yellow



518

HM  
Logo  
Brown

485



Black

