

.25"
Side Seal

1 inch
Tear notch

.25"
Side Seal

15.75"

1 inch
Tear notch

ALL NATURAL

GLUTEN FREE

ADD WATER, HEAT & SERVE

READY IN 15 MINUTES

PREMIUM QUALITY

Since 1882



HODGSON MILL®

QUINOA & BROWN RICE

GARLIC AND HERB

CLEAR WINDOW



100% WHOLE GRAIN
40g or more per serving
EAT 48g OR MORE OF WHOLE GRAINS DAILY

140 CALORIES

0g SAT FAT
0% DIV

60mg SODIUM
3% DIV

<1g SUGAR

2g FIBER
9% DIV

5g PROTEIN
10% DIV

Per Serving

LOW SODIUM

Parve

NET WT 5oz. 142g



Directions:
1. Bring 1 3/4 cups of water to a boil.
2. Add entire contents of pouch and stir to combine.
3. Reduce heat to simmer and cover.
4. Simmer 14-15 minutes or until liquid is absorbed.
Do not overcook.
5. Remove from heat and let stand for 5 minutes.
Fluff with fork and serve.

Have a Grain Day!™

For more information
visit 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 pouch and your purchase price to:
Hodgson Mill, Inc. 1100 Stevens Avenue
Effingham, IL 62401 • (800)525.0177
This package sold by weight, not by volume.
Contents may have settled during shipping.



F462B

Amount Per Serving

Calories 140 Calories From Fat 15

% Daily Value*

Total Fat 1.5g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 60mg

Total Carbohydrate 30g

Dietary Fiber 2g

Soluble Fiber 0g

Insoluble Fiber 2g

Sugars <1g

Protein 5g

Vitamin A 0%

Vitamin C 0%

Calcium 2%

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

Total Fat 1.5g

80g

Sat Fat 0g

25g

Cholesterol 0mg

300mg

Sodium 60mg

300mg

Total Carbohydrate 30g

375g

Dietary Fiber 2g

25g

2%

0%

2%

0%

3%

10%

9%

INGREDIENTS: Whole Grain Pre-washed Quinoa, Whole Grain Parboiled Long Grain Brown Rice, organic dehydrated vegetables (garlic, onion, red & green bell pepper, carrot, tomato), organic spices (including mustard), organic citrus peel(lemon & orange) and citric acid



0 7 1 5 1 8 0 0 0 7 0 7

7"

1.75"
Bottom Gusset

7"