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I211J

WHOLE GRAIN ♦ GOOD FOOD®



**RICH IN
WHOLE
GRAIN**

to help reduce
the risk of heart disease
and certain cancers.

*The Food and Drug
Administration agrees that
"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
some cancers!"*

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

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 local store.

Whole Grain, Stone Ground

Cholesterol Free

No Trans Fat

All Natural

Low Fat



**RICH IN
WHOLE GRAIN**
to help reduce the risk of
heart disease and certain cancers.

① Parve

NET WT 16oz. 454g

Sealed Inner Pouch

WHOLE GRAIN ♦ GOOD FOOD®

Nutrition Facts

Serving Size: 1/4 cup dry (30g)
Servings Per Container: about 15

Amount Per Serving
Calories 100 Calories From Fat 5

% Daily Value*

Total Fat .5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 300mg **13%**

Total Carbohydrate 21g **7%**

Dietary Fiber 1g **6%**

Sugars 1g

Protein 4g

Vitamin A 0% Vitamin C 0%

Calcium 0% Iron 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 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2400mg 2400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

INGREDIENTS: WHOLE GRAIN
STONE-GROUND YELLOW CORN
MEAL, WHEAT FLOUR (UNBLEACHED
AND UNENRICHED), MIXED SPICES
(DEHYDRATED ONION, RED AND
GREEN BELL PEPPERS, PARSLEY
FLAKES, JALAPEÑO PEPPERS,
SOYBEAN OIL), LEAVENING (GDL),
DEXTROSE, SALT, LEAVENING
(BAKING SODA).

CARTON MADE WITH



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

**MANUFACTURED BY
HODGSON MILL, INC.**



JALAPEÑO CORNBREAD

1 box (16 oz.) **Hodgson Mill
Jalapeño Cornbread Mix**

2 eggs

1-3/4 cup milk

1/3 cup vegetable oil

Preheat oven to 400°F. Lightly grease one 2-quart baking dish or skillet.
Pour contents of package into mixing bowl. Add remaining ingredients
and mix for about 1 minute. Pour batter into baking dish or skillet.
Bake 25-30 minutes or until done. *Yield: 9 servings.*

MEXICAN HUSH PUPPIES

1-1/2 cups **Hodgson Mill
Jalapeño Cornbread Mix**

1 large egg, beaten

1/2 cup milk or water

1/4 cup onions, chopped

Cooking oil, enough to fill
a deep fryer or pan 1" deep

Measure Jalapeño Cornbread Mix into mixing bowl. Add the rest of
ingredients; stir until well blended. Drop by rounded teaspoons into
hot oil and fry until golden brown, turning once. Remove, drain on
paper towels. *Yield: 30-40 Hush Puppies.*

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For More Recipe Ideas Visit www.HodgsonMill.com

WHOLE GRAIN ♦ GOOD FOOD®



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USE BY:



COLORTEK 12-2067 Mexican Jalapeno Cornbread Mix 16oz I211J 8/14/2014

