

ALL PURPOSE • SEASONED

# Onion Ring Mix

NO PRESERVATIVES

1225J

DON'S  
CHUCK  
WAGON

Onion  
Ring Mix

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CHUCK  
WAGON



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CHUCK  
WAGON

Onion  
Ring Mix

## INGREDIENTS:

Enriched bleached wheat flour (niacin, iron, thiamine, riboflavin, folic acid); yellow corn flour, salt, yellow corn meal, paprika, leavening (baking soda, monocalcium phosphate); pepper, celery.

Produced in a peanut/tree nut free environment.

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

Visit our website  
[www.HodgsonMill.com](http://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.



SPECIALTY  
FINISHING  
Spec: 19220  
32037-2 12  
PK3889-12  
MD-0914

ALL PURPOSE • SEASONED

# Onion Ring Mix

BAKE • PAN FRY • DEEP FRY

No Preservatives • No MSG  
Fat & Cholesterol  
& Sugar Free!



U Parve

SERVING SUGGESTION  
NET WT. 12 OZ. (340.2g)

DON'S  
CHUCK  
WAGON

USE BY:



## BAKED CHICKEN

**PREHEAT:** oven to 400°.  
**POUR:** 1/4 cup of dry mix (per pound of chicken) into a medium-sized bag.  
**MOISTEN:** thawed chicken; remove excess water.  
**SHAKE:** chicken in the bag until pieces are evenly coated.  
**COAT:** bottom of shallow baking pan with a thin layer of oil (to avoid sticking).  
**BAKE:** for approximately 25 minutes, turn chicken pieces and bake for an additional 35 minutes until tender.

• NO MSG •

# Onion Ring Mix

...just add water and a good appetite.

## ONION RINGS

<b>PREHEAT:</b>	shortening to 375°.
<b>COMBINE:</b>	1 cup dry mix with 1/2 cup water. Stir to a smooth batter.
<b>DIP:</b>	rings into batter mix, drop into preheated shortening and turn rings once immediately.
<b>FRY:</b>	about 2 1/2 minutes until both sides are golden brown.
<b>DRAIN:</b>	on paper towel to absorb excess shortening.
<b>VARIATIONS:</b>	For thinner batter, increase amount of water. Excellent batter mix on zucchini, cauliflower, green peppers, and other vegetables.

## BAKED FISH

<b>PREHEAT:</b>	oven to 350°.
<b>POUR:</b>	1/4 cup of dry mix (per pound of fish) into medium-sized bag.
<b>MOISTEN:</b>	thawed fish, then remove excess water.
<b>SHAKE:</b>	fish in the bag until pieces are evenly coated.
<b>COAT:</b>	bottom of a shallow baking pan with melted margarine. Place fish on the pan in a single layer. Turn pieces to coat both sides with margarine.
<b>BAKE:</b>	for 15-20 minutes depending on thickness of fish.

## BAKED CHICKEN DIRECTIONS ON SIDE PANEL

## 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 Ave., Effingham, IL 62401. 800-525-0177.

## Nutrition Facts

Serving Size 1/4 cup dry (30g)  
Servings Per Container 11

Amount Per Serving	
<b>Calories</b> 100	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 690mg	29%
<b>Total Carbohydrate</b> 21g	7%
Dietary Fiber 1g	4%
Sugars 0g	
<b>Protein</b> 3g	

Vitamin A 0% • Vitamin C 0%  
Calcium 0% • Iron 6%  
Thiamine 10% • Riboflavin 4%  
Niacin 6%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie 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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g