



Certified Gluten Free by the Celiac Support Association.



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# Have a Grain Day!™



# HODGSON MILL®

*Since 1882, Hodgson Mill has provided wholesome products that are delicious and nutritious. The original mill stands today as a testament to ingenuity, hard work and perseverance. Those traditional values still drive us today, in a state of the art facility where we provide quality and service unparalleled.*

At Hodgson Mill, we understand the value of knowing exactly what is in the food you purchase. This is why every single truck load of our Non-GMO Corn Starch is tested by an independent 3rd party to make sure it does not contain GMOs.

### Suggested Uses:

Use Hodgson Mill Non-GMO Corn Starch to thicken liquids when a clear, glossy appearance is desired. It works well to thicken puddings, sauces and gravies, but can also be added to soups and pie fillings.

When substituting corn starch for wheat flour in a recipe, use half the amount, as corn starch has double the thickening power of wheat.

When using as a thickener, corn starch does tend to form clumps, so combine it with a small amount of cold liquid and mix into a paste before adding to your recipe.

Hodgson Mill Non-GMO Corn Starch also works well to create airy and tender gluten free baked goods in combination with other gluten free flours and starches.

## Nutrition Facts

Serving Size 1 Tbsp (9g)  
Servings Per Container about 25

Amount Per Serving

**Calories 30**      **Calories from Fat 0**

% Daily Value\*

**Total Fat 0g**      **0%**

**Saturated Fat 0g**      **0%**

**Trans Fat 0g**

**Cholesterol 0mg**      **0%**

**Sodium 0mg**      **0%**

**Total Carbohydrate 8g**      **3%**

**Dietary Fiber 0g**      **0%**

**Sugars 0g**

**Protein 0g**

**Vitamin A 0%**      • **Vitamin C 0%**

**Calcium 0%**      • **Iron 0%**

\*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
Saturated 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

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

## INGREDIENTS:

Gluten Free Non-GMO Corn Starch.

**Produced in a peanut free facility.**

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

For our full line of products, information, recipes & more, visit

**HodgsonMill.com**



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