.25" Seal

.25" Seal

Zipper 1.5"

Tear Notch

.875"

8.5"

Bottom Gusset 2.5"

HODGSON MILL

Have a Grain Day!™

Hodgson Mill Gluten Free Coconut Flour is naturally sweet flour that is high in fiber and low in carbohydrates. You can substitute 10 to 20 percent of wheat based flours without changing the flavor or texture. Liquid in your recipes will need to be adjusted by about the same percentage because Coconut Flour's high fiber makes it very absorbent. Coconut Flour attracts water and fat, which will keep your gluten free foods moist for a bit longer. It also works well as a thickener in soups and stews as well as in frostings. Pancake and tender pastries (quick breads, cupcakes, muffins, and cakes) also work well with coconut flour.
For more information,
call Customer Service at 800-525-0177.

For more information visit HodgsonMill.com

Produced in a gluten free environment.

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

7

F442

Nutrition Facts

Serving Size: 1/4 Cup (29 g)
Servings Per Container: 11

Amount Per Serving	
Calories 80	Calories From Fat 25
	% Daily Value*
Total Fat 3	5%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 17g	6%
Dietary Fiber 10g	40%
Soluble Fiber 0g	
Insoluble Fiber 10g	
Sugars 6g	
Protein 6g	

Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 15%

*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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	

INGREDIENTS: Coconut Flour

0-71518-02182-5

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 completed pouch and your purchase price to:
Hodgson Mill, Inc. 1100 Stevens Avenue
Effingham, IL 62401 • (800)525.0177

TEAR HERE

ZIPPAK®
RESEALABLE PACKAGING
Easy To Open & Reseatable

ALL NATURAL • GLUTEN FREE

PREMIUM QUALITY
Since 1882
HODGSON WATER MILL
HODGSON MILL®

COCONUT FLOUR

Window

Per Serving

80	2.5g	15mg	6g	10g	6g
CALORIES	SAT FAT	SODIUM	SUGAR	FIBER	PROTEIN
	13% DIV	1% DIV		40% DIV	

NET WT 11oz. 312g

℗ Parve