



5mm x 12.5mm

Certified Gluten Free by the Celiac Support Association.



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**Have a Grain Day!**<sup>TM</sup>**HODGSON  
MILL**<sup>®</sup>

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.

**Basic Cooking Directions:**

1. Combine 1 cup of quinoa with 2 cups of water or broth in a medium-sized saucepan with lid.  
*Optional:* add 1 Tbsp. olive or vegetable oil.
  2. Bring the mixture to a boil.
  3. Reduce heat to medium-low and simmer until liquid is absorbed, about 15 minutes.
  4. Turn off heat and let sit, covered, for 5 minutes.
  5. Fluff with a fork, season to taste and serve. Yield: 4 servings.
- Different quantities may be cooked using a ratio of 1 part dry quinoa to 2 parts liquid.

For additional flavor, toast dry quinoa before cooking. Heat 2 tsp. of oil in saucepan over medium heat. Add dry quinoa and stir until it becomes a golden brown color. Continue with basic cooking directions above.

**Produced in a peanut free facility.**

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

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**HodgsonMill.com****Nutrition Facts**

Serving Size 1/4 cup (46g)  
Servings Per Container about 5

**Amount Per Serving**

**Calories 170**      **Calories from Fat 20**

% Daily Value\*

**Total Fat 2g**      **3%**

**Saturated Fat 0g**      **0%**

**Trans Fat 0g**

**Cholesterol 0mg**      **0%**

**Sodium 0mg**      **0%**

**Total Carbohydrate 32g**      **11%**

**Dietary Fiber 4g**      **16%**

**Sugars 3g**

**Protein 6g**

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

**Calcium 2%**      • **Iron 10%**

\*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:**

Whole Grain Black Quinoa.



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