



5mm x 12.5mm

Certified Gluten Free by the Celiac Support Association.



TEAR HERE.

Have a Grain Day!TM**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.

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.

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

HodgsonMill.com**Nutrition Facts**

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

Amount Per Serving

Calories 180 **Calories from Fat 30**

% Daily Value*

Total Fat 3.5g **5%**Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%****Sodium 5mg** **0%****Total Carbohydrate 29g** **10%**Dietary Fiber 2g **8%**

Sugars 2g

Protein 7g

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
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

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 White Quinoa.



0 71518 03071 1

F526