5.960"

1.5 inch Zipper

1.125 inch Tear notch

MADE IN USA

5mm x 125mm

Certified Gluten Free by the Celiac Support Association.

Family Owned – Since 1882 –

TEAR HERE.

Have a Grain Day!™

ZIP RESEALABLE

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 25	
		%Daily Value*
Total Fat 3g		**5%**
Saturated Fat 0g		**0%**
Trans Fat 0g		
Cholesterol 0mg		**0%**
Sodium 5mg		**0%**
Total Carbohydrate 31g		**10%**
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 Red Quinoa.

F524

0 71518 03070 4

7"

15.75"

1.75" Bottom Gusset

Our Customer Service Team is always happy to hear from you.
Comments and Questions welcome.
Hodgson Mill, Inc., 1100 Stevens Ave. Effingham, IL 62401 • 800.525.0177

CLEAR

Parve

NET WT 8 oz. 227 g

NON GMO Project VERIFIED nongmoproject.org

CSA

RED QUINOA

HODGSON MILL®

PREMIUM QUALITY Since 1882

HODGSON WATER MILL

NEW!

Cholesterol Free
Low Sodium

Gluten Free
Whole Grain

5mm x 125mm

Have a Grain Day!™

TEAR HERE.

ZIP RESEALABLE

1.5 inch Zipper

1.125 inch Tear notch

.25" Side Seal

.25" Side Seal

7"