



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.

Sorghum is a delicious, naturally gluten free grain once grown in ancient Egypt. It is now prized by American farmers for its resistance to drought.

Basic Cooking Directions:

1. Combine $\frac{1}{2}$ cup pearly sorghum with $1\frac{1}{4}$ cups water or broth in a medium sized saucepan with lid.
2. Cover and bring mixture to a boil.
3. Reduce heat to medium-low and simmer until liquid has been absorbed and sorghum is tender, about 25-30 minutes.
4. Stir, season to taste and serve warm. If desired, 1 tsp. of oil may be stirred into cooked grains to help keep them separated and moist. Yield: 2 servings.

Try combining your cooked sorghum with a combination of roasted or sautéed vegetables and/or meat. Once cooked, Hodgson Mill Pearly Sorghum is also delicious added to your favorite soup or salad.

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 $\frac{1}{4}$ cup (50g)
Servings Per Container 4.5

Amount Per Serving**Calories 180** **Calories from Fat 10**

% Daily Value*

Total Fat 1g **2%**Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%****Sodium 0mg** **0%****Total Carbohydrate 39g** **13%**Dietary Fiber 1g **4%**

Sugars 1g

Protein 5g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • 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:

Pearled White Sorghum.



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