MADE IN USA

Certified Gluten Free by the Celiac Support Association.

Family Owned – Since 1882 –

TEAR HERE.

Have a Grain Day!™

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.

Directions:

1. Add contents from bag + 1 2/3 cups water or broth into medium sized saucepan with lid.
   Optional: add 1 Tbsp butter or olive oil.
2. Cover with lid and bring to a boil.
3. Reduce heat to medium-low and simmer for 17 minutes.
4. Turn off heat and let sit for 5 minutes with lid on.
5. Stir, season to taste, and serve. Yield: 3-4 servings.

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

WHOLE GRAIN 21g or more per serving WholeGrainsCouncil.org
EAT 48g OR MORE OF WHOLE GRAINS DAILY

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Nutrition Facts

Serving Size 1/4 cup (42g)
Servings Per Container about 3.5

Amount Per Serving	
Calories 160	Calories from Fat 15
	% Daily Value*
Total Fat 2g	**3%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 250mg	**10%**
Total Carbohydrate 31g	**10%**
Dietary Fiber 1g	**4%**
Sugars 1g	
Protein 4g	

Vitamin A 0% • Vitamin C 0%
Calcium 2% • Iron 6%

*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 and Cracked White Sorghum, Parboiled Brown Rice, Red Quinoa, Parmesan Butter Seasoning (Maltodextrin, Sunflower Oil Powder [Sunflower Oil, Modified Food Starch, Maltodextrin, Silicon Dioxide to Reduce Caking, Mixed Tocopherols], Salt, Cheese* [Parmesan and Cheddar (Pasteurized Milk, Cheese Culture, Salt, Enzymes)], Natural Flavors, Yeast Extract, Sugar, Parsley*, Non-Fat Dry Milk, Contains 2% or Less of: Butter Oil, Onion Powder, Garlic Powder, Lactic Acid Powder (Lactic Acid, Calcium Lactate), Calcium Caseinate, Sodium Phosphate, Sodium Citrate). *Dehydrated. **Contains Milk.**

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

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Cholesterol Free
Saturated Fat Free
Trans Fat Free
Ancient Grains