



Certified Gluten Free by the Celiac Support Association.



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# 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.

Tapioca flour, also commonly called tapioca starch, is a pure white powder extracted from the root of the South American cassava plant. Tapioca Flour/Starch has a mild, neutral flavor so there is no need to worry about it overpowering even the most delicate of flavors in your favorite recipe.

#### Suggested Uses:

Tapioca starch is most widely known for its ability to thicken pudding, but it also works beautifully to thicken a variety of sauces, gravies, fillings and baked goods.

Tapioca Flour/Starch can be used as a grain-free alternative to corn starch.

When added to gluten free baked goods in combination with other gluten free flours and starches, Hodgson Mill Tapioca Flour/Starch helps to thicken, add structure and aid in browning without adding the characteristic gritty texture that some gluten free baked goods are notorious for.

## Nutrition Facts

Serving Size 1/4 cup (30g)  
Servings Per Container about 8

Amount Per Serving

**Calories 100**      **Calories from Fat 0**

% Daily Value\*

**Total Fat 0g**      **0%**

**Saturated Fat 0g**      **0%**

**Trans Fat 0g**

**Cholesterol 0mg**      **0%**

**Sodium 10mg**      **0%**

**Total Carbohydrate 26g**      **9%**

**Dietary Fiber 0g**      **0%**

**Sugars 0g**

**Protein 0g**

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

**Calcium 0%**      • **Iron 2%**

\*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:

Gluten Free Tapioca Flour/Starch.

**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**



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