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MGP INGRI Form 4 January 23, 2	EDIENTS INC 2017											
FORM 4 UNITED STATES SECURITIES AND EXCHANCE COMMISSION									OMB APPROVAL			
UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549							OMB Number:	3235-0287				
Section 16.				NGES IN BENEFICIAL OWNER SECURITIES				NERSHIP OF	Expires: Estimated a	January 31, 2005 average		
									burden hours per			
Form 4 or Form 5 obligations may continue.response0.5See Instruction 1(b).Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 19400.5										0.5		
(Print or Type F	Responses)											
BAREUTHER JAMES L Symbol				er Name and Ticker or Trading NGREDIENTS INC [MGPI]				5. Relationship of Reporting Person(s) to Issuer				
(Last) (First) (Middle) 3. Date (Month				te of Earliest Transaction th/Day/Year) 9/2017				(Check all applicable) _X_ Director 10% Owner Officer (give title Other (specify below) below)				
(Street) 4. If Ame				endment, Date Original onth/Day/Year)				6. Individual or Joint/Group Filing(CheckApplicable Line)_X_ Form filed by One Reporting Person				
ATCHISON	I, KS 66002							Form filed by M Person	ore than One Re	porting		
(City)	(State) ((Zip)	Table	e I - Non-D	erivative	Secur	ities Acq	uired, Disposed of	, or Beneficial	ly Owned		
1.Title of Security (Instr. 3)		Yransaction Date 2A. Deemed bonth/Day/Year) Execution Date, if any (Month/Day/Year)			4. Securit on(A) or Di (Instr. 3, Amount	spose	d of (D)	Securities Beneficially Owned	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)			
Common Stock	01/19/2017			A	113 <u>(1)</u>		\$ 44.65	1,488	D			

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

 Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned
 (e.g., puts, calls, warrants, options, convertible securities)

1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5.	6. Date Exer	cisable and	7. Tit	le and	8. Price of	9. Nu
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transacti	onNumber	Expiration D	ate	Amou	unt of	Derivative	Deriv
Security	or Exercise		any	Code	of	(Month/Day/	Year)	Unde	rlying	Security	Secu
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Derivative	e		Secur	ities	(Instr. 5)	Bene
	Derivative				Securities			(Instr	. 3 and 4)		Owne
	Security				Acquired						Follo
					(A) or						Repo
					Disposed						Trans
					of (D)						(Instr
					(Instr. 3,						
					4, and 5)						
									Amount		
									or		
						Date	Expiration	Title	Number		
						Exercisable	Date	11110	of		
				Code V	(A) (D)				Shares		
					() (-)						
Repo	rtina O	wners									

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Reporting Owner Name / Address	Relationships					
	Director	10% Owner	Officer	Othe		
BAREUTHER JAMES L C/O MGP INGREDIENTS, INC. 100 COMMERCIAL STREET, PO BOX 130 ATCHISON, KS 66002	Х					
Signatures						
/s/ Lori Norlen, Attorney-in-Fact for James L. Bareuther		01/23/	2017			
<u>**</u> Signature of Reporting Person		Date	2			

Explanation of Responses:

If the form is filed by more than one reporting person, *see* Instruction 4(b)(v). *

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

(1) Represents award of unrestricted shares in lieu of cash retainer and meeting fees.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.