Form 144 Filer Information

FORM 144

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

Form 144

NOTICE OF PROPOSED SALE OF SECURITIES PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933

144: Filer Information	
Filer CIK	0001853706
Filer CCC	XXXXXXXX
Is this a LIVE or TEST Filing?	● LIVE ○ TEST
Submission Contact Information	
Name	
Phone	
E-Mail Address	
144: Issuer Information	
Name of Issuer	MGP INGREDIENTS INC
SEC File Number	000-17196
Address of Issuer	1300 MAIN ST ATCHISON KANSAS 66002
Phone	9133671480
Name of Person for Whose Account the Securities are To Be Sold	Caroline L. Kaplan Revocable Trust dated December 16, 2009
See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.	
Relationship to Issuer	Officer
144: Securities Information	
Title of the Class of Securities To Be Sold	Common
Name and Address of the Broker	Charles Schwab Corporation 3000 Schwab Way Westlake TX 76262
Number of Shares or Other Units To Be Sold	14000
Aggregate Market Value	1582000.00
Number of Shares or Other Units Outstanding	22009834
Approximate Date of Sale	07/20/2023
Name the Securities Exchange	NASDAQ

any part of the purchase price or other consideration therefor:

144: Securities To Be Sold Title of the Class Common Date you Acquired 04/01/2021 Nature of Acquisition Transaction Merger Name of Person from Whom Acquired Issuer Is this a Gift? Date Donor Acquired Amount of Securities Acquired 27731 04/01/2021 Date of Payment Nature of Payment Other

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

144: Securities Sold During The Past 3 Months

Nothing to Report

144: Remarks and Signature

Remarks
Shares were originally founder shares, that were then merged into MGPI on 04/01/2021

Date of Notice
07/20/2023

ATTENTION:

The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

Signature Caroline Lux Kaplan

ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)