

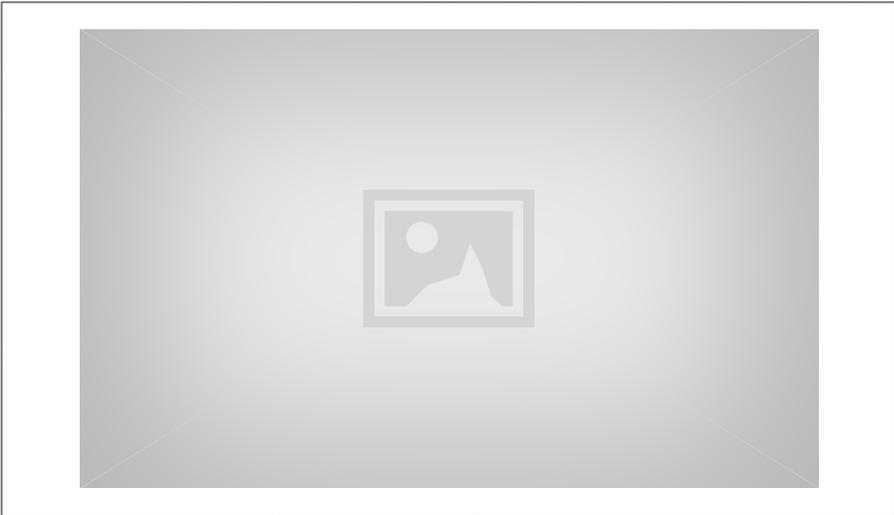


Culinary Masters

# 163341 - Quinoa Golden/White



Quinoa is the seed of the Goosefoot Plant the seeds are small like Millet but are flat with an oval shape. When cooked the outer germ circllet falls from the seed, forming a little white spiral tail, which is attached to the kernel.



## Nutrition Facts

100 Servings Per Container

Serving size **45.0g (45g)**

Amount per serving  
**Calories 140**

% Daily Value\*

<b>Total Fat</b> 2.5 g	<b>4%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 80 mg	<b>3%</b>
<b>Total Carbohydrate</b> 24 g	<b>8%</b>
Dietary Fiber 3 g	<b>12%</b>
Total Sugars 2 g	
Includes 0 g Added Sugar	<b>0%</b>
<b>Protein</b> 5 g	
Vitamin D 0 mcg	<b>0%</b>
Calcium 0 mg	<b>0%</b>
Iron 1.5 mg	<b>8%</b>
Potassium 250 mg	<b>6%</b>

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### \* Benefits

Quinoa is the seed of the Goosefoot Plant the seeds are small like Millet but are flat with an oval shape. When cooked the outer germ circllet falls from the seed, forming a little white spiral tail, which is attached to the kernel. This circllet remains crunchy while the grain is soft, delicate, and pearly translucent. Golden Quinoa has a slightly nutty flavor and is versatile when cooked and can be molded or shaped. Golden Quinoa is a good substitute for Couscous or Bulgur in many dishes.

### Ingredients

Quinoa Golden

### Allergens

#### May Contain:

- eggs
- milk
- peanuts
- soy
- tree nuts
- wheat

#### Free From:

- crustaceans
- fish
- sesame

### Handling Suggestions

COOL, DRY PLACE---  
UNIT UPC: 790429800281  
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### Serving Suggestions

1/8 CUP. BOIL

### Prep & Cooking Suggestions

UNPACK AND BOIL

### Product Specifications

Brand	Manufacturer
Culinary Masters	Culinary Masters

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
790429800281	80028	163341	00790429800281		1/10 LB

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
10.45 lb	10 lb	Canada	No	

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
12.3 in	10.2 in	5.6 in	0.41 ft3	21x10	464 days	60 °F / 77 °F



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### Nutrition Analysis - By Measure

Calories	140	Total Fat	2.5 g	Sodium	80 mg
Protein	5	Trans Fats	0 g	Calcium	0 mg
Total Carbohydrates...	24 g	Saturated Fat	0 g	Iron	1.5 mg
Sugars	2 g	Added Sugars	0 g	Potassium	250 mg
Dietary Fiber	3 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0 mg		
Vitamin A(U)		Vitamin D	0 mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

### Additional Images

