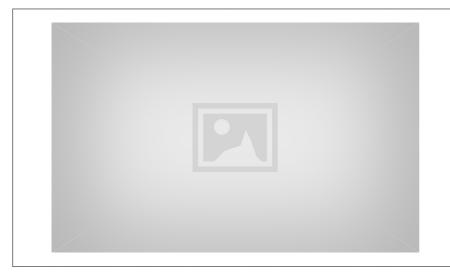
Culinary Masters 163441 - Quinoa Tri Color

See package for details





* Benefits

INTERNATIONAL FOODSOURCE, LLC.
INGREDIENTS: QUINOA TRI COLOR. KOSHER; VEGAN; VEGETARIAN; NON-GMO; GLUTEN FREE. THE
TASTE, TEXTURE AND COLOR IS TYPICAL OF QUINOA. QUINOA IS GREAT IN SALADS AS A TOPPER. IT CAN
ALSO BE USED IN SOUPS OR STEWS FOR TEXTURE. THEY CAN ALSO BE USED AS A BASE FOR GRAIN
BOWLS!! QUINOA IS A GREAT SUPER FOOD THAT IS HIGH IN PROTEIN AND FIBER!

Ingredients	Allergens
RED, WHITE, AND BLACK QUINOA.	Free From: crustaceans eggs fish milk peanuts sesame soy tree nuts wheat

Nutrition Facts

Servings per Container 100 45.0g (45g) Serving size

Amount per serving Calories

180

Oalorics	100
% I	Daily Value*
Total Fat 3 g	5%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 65 mg	3%
Total Carbohydrate 32 g	11%
Dietary Fiber 5 g	20%
Total Sugars 2 g	
Includes 0 g Added Sugar	0%
Protein 6 g	
Vitamin D 0 mcg	0%
Calcium 0 mg	0%
Iron 2.1 mg	10%
Potassium 300 mg	8%

a serving of food contributes to a daily diet. 2,000 calories

a day is used for general nutrition advice.

Handling Suggestions

COOL, DRY PLACE ---UNIT UPC: 790429232907

Serving Suggestions

1/8 CUP. UNPACK, BOIL AND ADD

Prep & Cooking Suggestions

UNPACK, BOIL AND ADD TO **FAVORITE RECIPES**

Product Specifications

Brand	Manufacturer	
Culinary Masters	Culinary Masters	

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
790429232907	23290	163441	00790429232907		1/10 LB

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

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
12.3 in	10.2 in	5.6 in	0.41 ft3	21x10	454 days	60 °F / 77 °F





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Nutrition Analysis - By Measure

Calories	180	Total Fat	3 g	Sodium	65 mg
Protein	6	Trans Fats	0 g	Calcium	0 mg
Total Carbohydrates•••	32 g	Saturated Fat	0 g	Iron	2.1 mg
Sugars	2 g	Added Sugars	0 g	Potassium	300 mg
Dietary Fiber	5 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0 mg		
Vitamin A(IU)•		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		

