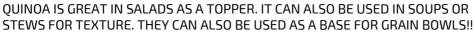


Packer

29434 - **Red Quinoa**







* Benefits

INTERNATIONAL FOODSOURCE, LLC.
INGREDIENTS: QUINOA RED WHITE. KOSHER; VEGAN; VEGETARIAN; NON-GMO. THE TASTE,
TEXTURE AND COLOR IS TYPICAL OF WHITE 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 QUINOA	Contains:
	Free From: So crustaceans eggs fish milk soy tree nuts swheat

Nutrition Facts

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

Amount per serving Calories

170

<u>Jaiorics</u>	170
% D	aily Value*
Total Fat 2.5g	4%
Saturated Fat 0g	0%
<i>Trans</i> Fat	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 32g	12%
Dietary Fiber 5g	18%
Total Sugars 2g	
Includes 0g Added Sugar	0%
Protein 6g	
_	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1.8mg	10%
Potassium 250mg	5%

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

Product Category

a day is used for general nutrition advice.

Handling Suggestions

COOL, DRY PLACE

Serving Suggestions

1/8 CUPS. UNPACK, COOK AND USE IN RECIPES

Prep & Cooking Suggestions

UNPACK AND COOK



Brand

790429230422

Product Specifications

23042

Packer	Interr	national F	oodsource	Grains		
UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.	

Manufacturer

29434

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
10lb	10lb	Canada	Yes	

00790429230422

Shipping Information								
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To		
12in	12in	12in	1ft3	21x10	240days	60°F / 77°F		



1/10 LB



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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!!

Nutrition Analysis - By Measure

Calories	170	Total Fat	2.5g	Sodium	5mg
Protein	6	Trans Fats		Calcium	0mg
Total Carbohydrates···	32g	Saturated Fat	0g	Iron	1.8mg
Sugars	2g	Added Sugars	0g	Potassium	250mg
Dietary Fiber	5g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images



