



Packer

29434 - Red 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!!



Nutrition Facts

100 Servings Per Container

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

Amount per serving
Calories 170

% Daily Value*

Total Fat 2.5 g	4%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 5 mg	0%
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 1.8 mg	10%
Potassium 250 mg	6%

* 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

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

RED QUINOA

Allergens

Contains:

peanuts

May Contain:

eggs milk soy tree nuts

wheat

Free From:

crustaceans fish sesame

Handling Suggestions

COOL, DRY PLACE ---
UNIT UPC: 790429230422

Serving Suggestions

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

Prep & Cooking Suggestions

UNPACK AND COOK

Product Specifications

Brand	Manufacturer
Packer	International Foodsource

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
790429230422	23042	29434	00790429230422		1/10 LB

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

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
12 in	12 in	12 in	1 ft3	21x10	458 days	60 °F / 77 °F



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Nutrition Analysis - By Measure

Calories	170	Total Fat	2.5 g	Sodium	5 mg
Protein	6	Trans Fats	0 g	Calcium	0 mg
Total Carbohydrates...	32 g	Saturated Fat	0 g	Iron	1.8 mg
Sugars	2 g	Added Sugars	0 g	Potassium	250 mg
Dietary Fiber	5 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-12	
Monosodium		Sulphites		Nitrates	

Additional Images

