



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

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

Amount per serving  
**Calories 170**

% Daily Value\*

Total Fat 2.5g 4%  
Saturated Fat 0g 0%  
Trans 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%

\* 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

#### Free From:

crustaceans eggs fish milk  
 soy tree nuts wheat

### Handling Suggestions

COOL, DRY PLACE

### Product Specifications

Brand	Manufacturer	Product Category
Packer	International Foodsource	Grains

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

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

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

### Serving Suggestions

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

### Prep & Cooking Suggestions

UNPACK AND COOK



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## 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(U)		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

### Additional Images

