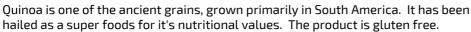


#### **Ambrosia**

### 41216 - Red Quinoa Organic







#### \* Benefits

Quinoa is an ancient South American grain that was largely ignored for centuries. Interestingly, it was only recently noticed by the rest of the world and hailed as a superfood due to its high nutritional content. It is now considered a specialty food.

Botanically speaking, its not a grain. However, its often called a pseudograin because its similar in nutrients and eaten the same way as cereal grains. Although its now grown around the world, the majority is still produced in Bolivia and Peru. It gluten free

Ingredients	A Allergens
Organic red quinoa	Free From:  Specifical control of the property

# **Nutrition Facts**

Servings per Container **50** 45.0g (45g) Serving size

**Amount per serving** Calories

160

<u>Jaiorics</u>	100
% Da	ily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium Omg	0%
Total Carbohydrate 30g	11%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 0g Added Sugar	0%
Protein 6g	_
Vitamin D 0mcg	0%
Calcium 25mg	2%
Iron 2.7mg	15%
Potassium 376mg	8%

#### \* 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.

#### **Handling Suggestions**

Cool dry place

### Serving Suggestions

Use in place of rice or virtually any other grain

#### Prep & Cooking Suggestions

For 1 cup of uncooked quinoa, youll want to use 2 cups of waterthis will yield 3 cups of cooked quinoa. Bring the mixture to a boil over medium-high heat, then lower the temperature to medium-low and pop the lid on securely. Cook for approx 15 mins or all of water is absorbed.

#### **Product Specifications**

	Brand		Man	ufacturer	
Ambrosia		Schreiber International Inc			
UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
	34422	41216	20046274344147		2/5 LB

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
11lb	10lb	Peru	Yes	

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
12in	7.5in	5in	0.26ft3	20x10	180days	60°F / 77°F





#### Ambrosia

# 41216 - Red Quinoa Organic



Quinoa is one of the ancient grains, grown primarily in South America. It has been hailed as a super foods for it's nutritional values. The product is gluten free.

## Nutrition Analysis - By Measure

Calories	160	Total Fat	2g	Sodium	0mg
Protein	6	Trans Fats	0g	Calcium	25mg
Total Carbohydrates	30g	Saturated Fat	0g	Iron	2.7mg
Sugars	1g	Added Sugars	0g	Potassium	376mg
Dietary Fiber	3g	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	

0	Additional Images					

