



SANTA LUCIA

127851 - Quinoa White

Our White Quinoa is an ancient grain that originated in Peru. Due to its numerous health benefits and universal flavor profile quinoa has quickly become one of the most popular grains on the market. Seamlessly substitute quinoa for rice, couscous, orzo or other grains and pastas for a delicious yet healthy dish. Capable of being used in a hearty breakfast bowl, sprinkled over a salad, or as a standalone side this versatile ingredient is sure to provide chefs with countless ways of delivering the healthy, on trend dishes their customers crave.



Nutrition Facts

Servings per Container	
Serving size	45g
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 30g	11%
Dietary Fiber 3g	11%
Total Sugars 0g	
Includes Added Sugar	%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1.8mg	10%
Potassium 240mg	5%

* Benefits

- *Good Source of Dietary Fiber Contains 2.5gr of Total Fat Per Serving
- *Good Source of Protein
- *Gluten Free
- *Non GMO
- *Pre-washed and ready to use
- *Cholesterol Free Food
- *Source of all 9 Essential Amino Acids: histidine, isouleucine, leucine, lysine, NON-GMO, GLUTEN-FREE

Ingredients

⚠ Allergens

Free From:

- crustaceans
- eggs
- fish
- milk
- peanuts
- sesame
- soy
- tree nuts
- wheat

* 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

Store in a cool dry place.

Serving Suggestions

Season with salt and pepper.

Prep & Cooking Suggestions

Rinse and rub the quinoa. Add one part of quinoa to two parts of liquid (water or broth) in a saucepan. Bring to a boil. Reduce the heat to a simmer and cover. Cook until water is absorbed, about 15 minutes. Turn the heat off and let it sit covered for 5 minutes. Season with salt and pepper.

📄 Product Specifications

Brand	Manufacturer	Product Category
SANTA LUCIA	REMA FOODS	Beans, Dried

MFG #	SPC #	GTIN	Pack	Pack Desc.
35750AA	127851	10719303357502	16	2/5#

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
11lb	10lb	PER	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
12in	4.5in	8in	0.25ft3	15x5	365DAYS	40°F / 111°F



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Nutrition Analysis - By Serving

Calories	170	Total Fat	2.5g	Sodium	0mg
Protein	6	Trans Fats	0g	Calcium	30mg
Total Carbohydrates...	30g	Saturated Fat	0g	Iron	1.8mg
Sugars	0g	Added Sugars		Potassium	240mg
Dietary Fiber	3g	Polyunsaturated Fat	0g	Zinc	
Lactose		Monounsaturated Fat	0g	Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)	0	Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

