



SIMPLOT

204907 - Vegetable Grain Red Quinoa

Vegetarian, vegan and gluten-free ;Pre-cooked perfection every serving, freezer to plate in minutes ;Consistent results just heat and serve ;IQF for easy portioning ;Serve hot, or chill after cooking for cold applications



* Benefits

Nutrition Facts

9 Servings Per Container

Serving size 1 cup (126g)

Amount per serving
Calories 150

% Daily Value*

Total Fat 2.5 g	3%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 10 mg	0%
Total Carbohydrate 27 g	10%
Dietary Fiber 4 g	14%
Total Sugars 1 g	
Includes 0 g Added Sugar	0%
Protein 6 g	
Vitamin D 0 mcg	0%
Calcium 20 mg	2%
Iron 1.9 mg	11%
Potassium 220 mg	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.

Ingredients

WATER, RED QUINOA.

Allergens

Free From:



Handling Suggestions

Keep frozen 0F or below

Serving Suggestions

Simplot Good Grains Red Quinoa is a great stand alone side, as well as going great in salads, soups, & grain bowls.

Prep & Cooking Suggestions

Skillet
SKILLET
Heat 2 Tbsp. oil in a skillet on MED-HIGH heat. Saut half bag of frozen product for 6 minutes, covered, stirring frequently.

Product Specifications

Brand	Manufacturer
SIMPLOT	Simplot Global Food, LLC

MFG #	SPC #	GTIN	Pack	Pack Desc.
10071179038009	204907	10071179038009	6	6 / 2.5 LBR

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
17 lb	15 lb	CAN		No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
13.38 in	12 in	7.13 in	0.66 ft3	12x9	547 DAYS	-10 °F / 10 °F



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Nutrition Analysis - By Serving

Calories	150	Total Fat	2.5 g	Sodium	10 mg
Protein	6	Trans Fats	0 g	Calcium	20 mg
Total Carbohydrates...	27 g	Saturated Fat	0 g	Iron	1.9 mg
Sugars	1 g	Added Sugars	0 g	Potassium	220 mg
Dietary Fiber	4 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0 mg		
Vitamin A(IU)		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

