Roland

723907 - Pre-Cooked Tricolor Quinoa

Pre-cooked and ready to use this 5000 year old grain meets modern convenience and offers a nutritionally conscious option packed full of proteins and vitamins. Ready-to-use, Roland® Pre-Cooked Tri-Color Quinoa has a fluffy texture and a perfectly balanced flavor. It's ideal as an easy side dish served alongside grilled vegetables, mixed with varieties of olives, peppers, capers...



MARKETING

PRE-COOKED TRI-COLOR QUINOA (WATER, WHITE QUINOA, RED QUINOA, BLACK QUINOA) - Ready-to-use, Roland® Pre-Cooked Tri-Color Quinoa has a fluffy texture and a perfectly balanced flavor.

PRODUCT SPECIFICATIONS

Code	GTIN	Pack Description
72390	10041224723907	6/35.2 OZ

Brand	Brand Owner	GPC Description
Roland	American Roland Food Corp	Nuts/Seeds - Prepared/Processed (Out of Shell)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
14 LBR	13.22 LBR	No	Peru	Yes	No

Shipping						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
15.5 INH	12.75 INH	3.8 INH	0.43 FTQ	20x07	475 Days	60 FAH / 77 FAH

Traceability Regulation			
Regulation Type Code	Regulatory Act	Trade Item Regulation Compliant	Regulation Restrictions and Descriptors
N/A	N/A	N/A	N/A

Nutrition Facts

7 Servings per container

Serving Size **140 grams**

Amount Per Serving

Calories **170**

	% Daily Value*
Total Fat 2.5 g	**3%**
Saturated Fat 0 g	**2%**
Trans Fat 0 g	
Cholesterol 0 mg	**0%**
Sodium 30 mg	**1%**
Total Carbohydrates 30 g	**11%**
Dietary Fiber 4 g	**14%**
Total Sugars 1 g	
Includes 0 g Added Sugars	**0%**
Protein 6 g	
Vitamin D 0 mcg	0%
Calcium 24 mg	2%
Iron 2.1 mg	10%
Potassium 241 mg	6%

* The % Daily Values (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 and dry place. After opening, transfer product to an airtight container and store in the refrigerator.------

ALLERGENS

***C** = 'Contains' ; **MC** = 'May Contain' ; **N** = 'Free From' ; **UN** = 'Undeclared' ; **INII** = 'Intentionally nor Inherently Included'; **50** = 'Derived from Ingredients' ; **60** = 'Not Derived From Ingredients' ; **NI** = 'No Info'*

- Milk - MC
- Peanuts - N
- Eggs - N
- Tree - MC
- Soybean - MC
- Fish - N
- Wheat - MC
- Shellfish - N
- Sesame - MC
- Crustaceans - N
- Molluscs - N

INGREDIENTS

PRE-COOKED TRI-COLOR QUINOA (WATER, WHITE QUINOA, RED QUINOA, BLACK QUINOA).

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PREPARATION & COOKING SUGGESTIONS

Product should be rethermalized in the pouch until it reaches a safe internal cooking temperature. After opening, transfer product to an airtight container and store refridgerated.

SERVING SUGGESTIONS

Hot side item, cold salad, protein replacement

MORE INFORMATION