

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.

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.

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	TlxHI	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		

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'; INI = 'Intentionally nor Inherently Included'; SO = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

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

INGREDIENTS

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

Roland

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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 refrigerated.

SERVING SUGGESTIONS

Hot side item, cold salad, protein replacement

MORE INFORMATION