

29434 - Red Quinoa



INTERNATIONAL FOODSOURCE, LLC. INGREDIENTS: QUINOA RED WHITE, KOSHER; VEGAN; VEGETARIAN; NON-GMO. THE TASTE, TEXTURE AND COLOR IS TYPICAL OF WHITE QUINOA. QUINOA IS GREAT IN SALADS AS A TOPPER. IT CAN ALSO BE USED IN SOUPS OR STEWS FOR TEXTURE. THEY CAN ALSO BE USED AS A BASE FOR GRAIN BOWLS!! QUINOA IS A GREAT SUPER FOOD THAT IS HIGH IN PROTEIN AND FIBER!



MARKETING

QUINOA IS GREAT IN SALADS AS A TOPPER. IT CAN ALSO BE USED IN SOUPS OR STEWS FOR TEXTURE. THEY CAN ALSO BE USED AS A BASE FOR GRAIN BOWLS!!

Nutrition Facts

100 Servings per container

Serving Size **45.0 GR**

Amount Per Serving
Calories **170**

% Daily Value*

Total Fat 2.5 g **4%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

Cholesterol 0 mg **0%**

Sodium 5 mg **0%**

Total Carbohydrates 32 g **11%**

Dietary Fiber 5 g **20%**

Total Sugars 2 g

Includes 0 g Added Sugars **0%**

Protein 6 g

Vitamin D 0 mcg 0%

Calcium 0 mg 0%

Iron 1.8 mg 10%

Potassium 250 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				
23042	00790429230422	1/10 LB				
Brand	Brand Owner	GPC Description				
Packer	International Foodsource	Nuts/Seeds - Prepared/Processed (Out of Shell)				
Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition	
10 LBR	10 LBR	No	Canada	Yes	No	
Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
12 INH	12 INH	12 INH	1 FTQ	21x10	458 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

COOL, DRY PLACE ---UNIT UPC: 790429230422--

ALLERGENS

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

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

INGREDIENTS

RED QUINOA

Packer

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PREPARATION & COOKING SUGGESTIONS

UNPACK AND COOK

SERVING SUGGESTIONS

1/8 CUPS. UNPACK, COOK AND USE IN RECIPES

MORE INFORMATION