



PRE-WASHED QUINOA

Quinoa originated thousands of years ago in the Andes Mountains. This supergrain is high in fiber and high-quality protein. In fact, it contains more protein than any other grain. Quinoa is also a good source of iron and potassium. Cooked Quinoa has a crunchy, nutty flavor. Quinoa is an excellent ingredient in savory salads and side dishes. Mix with fruit and nuts for a hearty warm breakfast cereal. Available in red and white.





NON-GMO PRE-WASHED QUINOA



INGREDIENTS: Quinoa.



WHITE QUINOA
ITEM #02480
5 lbs.

Nutrition Facts	
About 50 servings per container	
Serving size 1/4 Cup Dry (45g)	
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 30g	11%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 2.7mg	15%
Potassium 376mg	8%

*The % Daily Value 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.

UPC Number: 818646024805
Case Pack: 2/5 lb. Bags
Case Net Wt: 10 lbs.
TI x HI: 10 x 6
Shelf Life: 2 Years



WHITE QUINOA
ITEM #02482
25 lbs.

Nutrition Facts	
About 252 servings per container	
Serving size 1/4 Cup Dry (45g)	
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 30g	11%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 2.7mg	15%
Potassium 376mg	8%

*The % Daily Value 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.

UPC Number: 818646024829
Case Pack: 25 lb. Bag
Case Net Wt: 25.5 lbs.
TI x HI: 10 x 6
Shelf Life: 2 Years



RED QUINOA
ITEM #02484
5 lbs.

Nutrition Facts	
About 50 servings per container	
Serving size 1/4 Cup Dry (45g)	
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 30g	11%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 2.7mg	15%
Potassium 376mg	8%

*The % Daily Value 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.

UPC Number: 818646024843
Case Pack: 2/5 lb. Bags
Case Net Wt: 10 lbs.
TI x HI: 10 x 6
Shelf Life: 2 Years

