

Quinoa - Black

Certification

Kosher Parve

Chemical

Treated

Microbiological

Coliforms < 100 cfu/g

E-Coli < 10 cfu/g

Mold/ Yeast < 10,000 cfu/g

Salmonella Negative

Physical

Appearance Rounded Grains, Black in Color

COOL Quinoa: Product of Peru, Bolivia

Flavor Typical of Quinoa

Foreign Materials < 1%

GMO Non GMO

Moisture < 14%

Smell No Off Odors

Kosher : Kosher Parve

Ingredients / Allergen

QUINOA HAS BEEN OBSERVED TO BE CLOSER TO THE IDEAL PROTEIN BALANCE THAN ANY OTHER GRAIN. THE FLAVOR IS DELICATE AND HAS BEEN COMPARED TO COUSCOUS. USE IT AS A SIDE DISH.

INGREDIENTS: QUINOA BLACK

Nutrition Facts

Serving Size about 1/4 cup

Amount Per Serving

| | | Cal. From Fat | 35 %Daily Value * |
|--------------------|--------------|---------------|-------------------|
| Calories | 180 | | |
| Total Fat | 4g | | 6% |
| Saturated Fat | 0g | | 0% |
| Trans Fat | 0g | | |
| Cholesterol | 0mg | | 0% |
| Sodium | 10mg | | 0% |
| Potassium | 253mg | | 5% |
| Total Carbohydrate | 29g | | 10% |
| Dietary Fiber | 11g | | 44% |
| Total Sugars | 1g | | |
| Includes 0g | Added Sugars | | 0% |
| Protein | 7g | | |
| Vitamin A | | | 4% |
| Vitamin C | | | 0% |
| Vitamin D | 0mcg | | 0% |
| Calcium: | 20mg | | 2% |
| Iron | 2.7mg | | 15% |