



ROLAND

006098 - *Quinoa Red Prewashed

Roland Red Quinoa is a complete protein because it contains all eight essential amino acids. Quinoa is higher in unsaturated fats and lower in carbohydrates than most grains. Quinoa provides a rich well balanced source of vital nutrients.



Nutrition Facts

Servings per Container **100**
Serving size **0.25cup (45g)**

Amount per serving
Calories 170

	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 29g	10%
Dietary Fiber 3g	10%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 6g	
Vitamin D 0µg	0%
Calcium 21mg	1%
Iron 2.01mg	11%
Potassium 253mg	5%

* The % Daily Value (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.

* Benefits

Ingredients

Quinoa.

⚠ Allergens

Free From:

- crustaceans
- eggs
- fish
- milk
- peanuts
- sesame
- soy
- tree nuts
- wheat

Handling Suggestions

Product is shelf stable.

Serving Suggestions

Roland Quinoa can be used in any dish in the place of rice as part of a main dish, a side dish, in soups or salad. Quinoa has the consistency of barley.

Prep & Cooking Suggestions

Treat quinoa like rice and prepare it using 2 cups of liquid to 1 cup of quinoa. Cover and simmer until the germ separates from the seed, which looks like a cracking of the seed. The quinoa will then fluff and should have a slight bite like al dente.

📄 Product Specifications

Brand	Manufacturer	Product Category
ROLAND	American Roland Food Corp.	Cereal

MFG #	SPC #	GTIN	Pack	Pack Desc.
72178	006098	10041224721781	1	1 / cs

Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition
11lb	10lb	No	PER	No	No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
10in	7in	6.75in	0.27ft3	25x8	720DAYS	45°F / 68°F



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Nutrition Analysis - By Serving

Calories	170kcal	Total Fat	2.5g	Sodium	0mg
Protein	6g	Trans Fats	0g	Calcium	21mg
Total Carbohydrates...	29g	Saturated Fat	0g	Iron	2.01mg
Sugars	0g	Added Sugars	0g	Potassium	253mg
Dietary Fiber	3g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(U)		Vitamin D	0µg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

