



ROLAND

# 006279 - Quinoa Prewashed Whole Grain Gluten

Roland 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	3%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	29g	11%
Dietary Fiber	3g	11%
Total Sugars	0g	
Includes Added Sugar	0g	0%

<b>Protein</b>	<b>6g</b>	
Vitamin D	0mcg	0%
Calcium	21mg	2%
Iron	2.1mg	12%
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.
72148	006279	10041224721484	2	2 / / cs

Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition
11lb	10lb	No	PER		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	170	Total Fat	2.5g	Sodium	0mg
Protein	6	Trans Fats	0g	Calcium	21mg
Total Carbohydrates...	29g	Saturated Fat	0g	Iron	2.1mg
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	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

### Additional Images

