



SAVOR

# 006285 - Quinoa Tri Colored Peruvian

Organic quinoa is a popular and versatile grain and can be served hot or cold, and in a variety of main or side dishes. Quinoa is a good source of protein, iron, and fiber. Quinoa is naturally gluten free.



### \* Benefits

## Nutrition Facts

Servings per Container **252**  
Serving size **1/4cup(45g)**

Amount per serving  
**Calories 150**

	% Daily Value*
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 10mg	<b>0%</b>
<b>Total Carbohydrate</b> 29g	<b>11%</b>
Dietary Fiber 2.5g	<b>9%</b>
Total Sugars 3g	
Includes 0g Added Sugar	<b>0%</b>
<b>Protein</b> 5g	
Vitamin D 0mcg	<b>0%</b>
Calcium 10mg	<b>1%</b>
Iron 2.5mg	<b>14%</b>
Potassium 300mg	<b>6%</b>

\* 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.

### Ingredients

Quinoa

### Allergens

#### Free From:

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

### Handling Suggestions

Store in a cool, dry place.

### Serving Suggestions

1/4 cup (45g)

### Prep & Cooking Suggestions

One part quinoa, two parts of water and a pinch of salt and desired spices. Bring to a boil and cook for 15 mins over low heat. Remove and fluff with a fork.

### Product Specifications

Brand	Manufacturer	Product Category
SAVOR	Dot Foods, Inc.	Cereal

MFG #	SPC #	GTIN	Pack	Pack Desc.
623826	006285	10684476046679	1	1 / 25.0 LBR

Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition
25.5lb	25lb	No	PER	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
19in	12.5in	3.2in	0.44ft3	8x10	730DAYS	40°F / 99°F



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### Nutrition Analysis - By Serving

Calories	150	Total Fat	1g	Sodium	10mg
Protein	5	Trans Fats	0g	Calcium	10mg
Total Carbohydrates...	29g	Saturated Fat	0g	Iron	2.5mg
Sugars	3g	Added Sugars	0g	Potassium	300mg
Dietary Fiber	2.5g	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-1 2•	
Monosodium		Sulphites		Nitrates	

### Additional Images

