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Printable Format

Quinoa Grain - 1 lb. - Organic, Non-GE



Quinoa is a member of the Chenopodium family and is similar to amaranth. It was one of the staple grains for the ancient Incas, who called it "The Mother Grain". It has been consumed for thousands of years and is one of the highest grain sources of protein.

Organic Products List

PRODUCT #: 6311
UPC: 733739063113
SRP: $3.29
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Nutrition Info

Serving Size: 1/3 cup (50g)

	Amount Per Serving	% Daily Value
Calories	190	
Calories from fat	25	
Total fat	3 G	5
Saturated Fat	0 G	0
Cholesterol	0 MG	0
Sodium	0 MG	0
Total Carbohydrate	35 G	12
Dietary Fiber	6 G	24
Sugars	1 G	
Protein	7 G	
Vitamin A	?	0
Vitamin C	?	0
Calcium	?	4
Iron	?	25
Copper	?	25
Zinc	?	10

* Percent Daily Values are based on 2,000 calorie diet.
† Daily Value not established.

Details

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Leaves of Tea, Tea Chest



Serving Size: 1/3 cup (50g)

Servings per package: 9

Suggested Use: Tasty Quinoa can be cooked like brown rice, yet only takes twenty minutes. First clean the Quinoa grain by rinsing through a strainer. Simmer for about twenty minutes until Quinoa expands fully. Then add seasonings and desired vegetables and cook until water is gone.

Other Ingredients: 100% Organic Quinoa

Warnings: None

Disclaimers: Certified by QAI Organically grown and processed in accordance with the California Foods Act of 1990.

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