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



Amaranth is a broad-leaf grain plant which originated in South and Central America. It was a staple food of the Aztec royalty. Of all grains, Amaranth has the highest protein content, and is a good source of calcium, fiber and iron. It has a mild, nutty slightly sweet flavor, and tastes good when combined with other grains such as rice or buckwheat. To cook alone, use 1/4 cup Amaranth to 3/4 cup liquid (broth or tomato juice) and cook for 30 minutes.

Organic Products List

PRODUCT #: 6211
UPC: 733739062116
SRP: $3.49
Where to Buy
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Nutrition Info

Servings Per Container: 9

	Amount Per Serving	% Daily Value
Calories	195	
Calories from fat	25	
Total fat	3 G	5
Saturated Fat	0 G	0
Cholesterol	0 MG	0
Sodium	0 MG	0
Total Carbohydrate	36 G	11
Dietary Fiber	6 G	24
Sugars	0 G	
Protein	7 G	
Vitamin A	?	0
Vitamin C	?	0
Calcium	?	8
Iron	?	60
Magnesium	?	30
Zinc	?	10

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

Details

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Serving Size: 1/4 cup (47g)

Servings per container: 9

Other Ingredients: Organic Amaranth

Warnings: None

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

Would you like to write a review of this item?

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