

## 100 g NUTRITIONAL INFORMATION

Product name: Conventional Black Quinoa

Nutrients	Unit	100g
<b>Proximates</b>		
Water	g	11.1
Energy/Calories	kcal	346
Protein	g	13.3
Total Fat	g	6.1
Ash	g	2.4
Carbohydrates	g	67.1
Dietary Fiber	g	5.9
Total Sugar	g	0
<b>Minerals</b>		
Calcium	mg	148.7
Iron	mg	13.2
Potassium	mg	926.7
Sodium	mg	5
<b>Vitamins</b>		
Vitamin A	mcg	0
Tiamina	mg	0.2 – 0.4
Riboflavina	mg	0.2 – 0.3
Acido Folico	mg	0.0781
Vitamin C	mg	0
<b>Lipids</b>		
Saturated Fat	g	1
Cholesterol	mg	0

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TITTLE: QA SUPERVISOR

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