

## 100 g NUTRITIONAL INFORMATION

Product name: Conventional Amaranto Quinoa

Nutrients	Unit	100g
<b>Proximates</b>		
Water	g	12.2
Energy/Calories	kcal	343
Protein	g	13.8
Total Fat	g	3.5
Ash	g	4.3
Carbohydrates	g	66.2
Dietary Fiber	g	
Total Sugar	g	0
<b>Minerals</b>		
Calcium	mg	171
Iron	mg	15
Phosphorus	mg	496
Zinc	mg	
<b>Vitamins</b>		
Vitamin A	mcg	0
Tiamina	mg	0.57
Riboflavina	mg	0.75
Vitamin C	mg	0
<b>Lipids</b>		
Saturated Fat	g	1
Cholesterol	mg	0

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