

100 g NUTRITIONAL INFORMATION

Product name: Organic Amaranto Quinoa

Nutrients	Unit	100g
Proximates		
Water	g	9.2
Energy/Calories	kcal	343
Protein	g	12.8
Total Fat	g	6.6
Ash	g	2.3
Carbohydrates	g	69.1
Dietary Fiber	g	9.3
Total Sugar	g	0
Minerals		
Calcium	mg	236
Iron	mg	7.32
Phosphorus	mg	453
Zinc	mg	2.68
Vitamins		
Vitamin A	mcg	0
Tiamina	mg	0.09
Riboflavina	mg	0.018
Vitamin C	mg	1.3
Lipids		
Saturated Fat	g	1
Cholesterol	mg	0

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TITLE: QA SUPERVISOR

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