

100 g NUTRITIONAL INFORMATION

Product name: Organic Red Quinoa

| Nutrients | Unit | 100g |
|-------------------|------|-----------|
| Proximates | | |
| Water | g | 11.1 |
| Energy/Calories | kcal | 343 |
| 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 |
| Minerals | | |
| Calcium | mg | 148.7 |
| Iron | mg | 13.2 |
| Potassium | mg | 926.7 |
| Sodium | mg | 5 |
| Vitamins | | |
| 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 |
| Lipids | | |
| Saturated Fat | g | 1 |
| Cholesterol | mg | 0 |

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