

# Fully Cooked Quinoa



Nutrition Facts	
About 6 servings per container	
Serving size	3/4 cup (153g)
Amount Per Serving	
<b>Calories</b>	<b>220</b>
% Daily Value *	
<b>Total Fat</b> 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 45g	16%
Dietary Fiber 8g	29%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein</b> 7g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 2.7mg	15%
Potassium 300mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS:  
WATER, QUINOA.



**BIOENGINEERED STATUS:** Does not contain detectable bioengineered genetic material.

Product #	UPC Code	Pack Size
0525164	Case UPC: 00 072106 51642 6	5 x 2 lb Pouches
	Product UPC: NA	Net Weight: 10 lb
		Gross Weight: 10.53 lb

Microbiological		Pallet/Case Configuration	
Standard Plate Count	100,000/g	Case Dimensions:	14.875" x 8.188" x 5.75" = 0.41 cuft
Yeast and Mold:	100/g	Pallet Configuration:	15 Cases x 8 Layers = 120 Cases

**Code Date Description:** : Coding is a use by date on the case label and embossed on the pure pack gable heat seal in MM/DD/YY format.

**Storage Instructions:** Store and transport at 33-38 degrees Fahrenheit

**Claims:** Icons will be placed below the ingredient declaration when applicable.



Date: 02.02.2023	Updated By: Amanda Leuenberger
Supersedes: 11.24.2021	Update Reason: Serving Size Update