



Cooked IQF golden quinoa 6/2lb

Quinoa doré

PRODUCT OF PERU & BOLIVIA

51752



FROZEN SAVORY

READY MEALS

GRAIN & BEAN READY MEAL

Product Description

The golden quinoa is referred as a « super grain » since it's one of the only plant sources of a healthy balance of essential amino acids. While quinoa is extraordinarily healthy, it is actually a seed with a pleasant fluffy consistency and delicate, slightly nutty flavor.

Pack and Case Specifications

Pack Net Weight

2lb

Packs per Case

6

Case Size (LxWxH)

13" x 9" x 7"

Case Cube

0.47ft3

Case Gross Weight

14lb

Cases per Pallet

140 (14/10)

Ingredients

COOKED GOLDEN QUINOA (WATER, GOLDEN QUINOA), RICE BRAN OIL.

Physical

Nutrition

Organoleptic

Allergens

PRODUCED IN A FACILITY WHICH CONTAINS WHEAT, EGG, SOY, MILK TREE NUTS AND FISH PRODUCTS.

Cooking Directions

Stovetop

For 1 cup of frozen grains, cook in a nonstick pan over medium heat stirring occasionally for 1-2 minutes or to desired temperature.

Certificates and Claims

GMO free

Storage and Shelf Life

Store in freezer below 0°F (-18°C). Keep frozen until ready to use. Do not thaw and refreeze. Shelf life: 24 months.

Nutrition Facts

Serving Size 1 Cup (142g)

Amount Per Serving

Calories 250 Calories from Fat 25

% Daily Value*

Total Fat 3g 5%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 20mg 1%

Total Carbohydrate 52g 17%

Dietary Fiber 3g 12%

Sugars 0g

Protein 5g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ready to use

Thaw and use for salad applications.

UPC code



revised 23-Feb-15

11 ENTERPRISE AVENUE NORTH, SECAUCUS, NJ 07094
TEL: (201) 863-2885 OR 800-B-FROZEN FAX: (201) 863-2886

WWW.WHITETOQUE.COM

