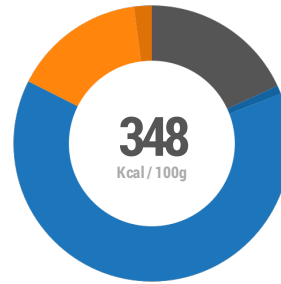


Scandinavian Quinoa

By Alicja Domelid

Overview ...

U / 1428215



WEIGHT:

64.3% Carbs

18.1% Protein

17.6% Fat

Food Labelling...

Label values per 100

	PER 100G	%RI
Energy kcal	360 kcal	18%
Energy kJ	1505 kJ	18%
Fat	6.8 g	10%
<i>of which saturates</i>	0.8 g	4%
Carbohydrate	56 g	22%
<i>of which sugars</i>	0.88 g	1%
Fibre	6.1 g	24%
Protein	15.8 g	32%
Salt	0.02 g	0%

OTHER PROPERTIES:



- ✓ LOW SATURATED FAT
- ✓ VERY LOW SALT
- ✓ SOURCE OF PROTEIN
- ✓ HIGH IN FOLIC ACID
- ✓ HIGH IN PHOSPHORUS
- ✓ HIGH IN IRON
- ✓ HIGH IN MANGANESE
- ✓ LOW SUGAR
- ✓ HIGH IN FIBRE
- ✓ HIGH IN VITAMIN E
- ✓ HIGH IN POTASSIUM
- ✓ HIGH IN MAGNESIUM
- ✓ HIGH IN ZINC

Nutrient Breakdown per 100g...

Energy	Lipid Components	Vitamins
Energy (Kcal) 17% RI	Saturated Fat 4% RI	Vitamin A (ret eq) 0% RI
Energy (Kj) 18% RI	Monounsaturated fat 5% RI	Retinol
	<i>cis-Mono</i>	Carotene
	Polyunsaturated fat 24% RI	Vitamin D 0% RI
	<i>Omega3(n-3)</i> 0% RI	Vitamin E 35% RI
	<i>Omega6(n-6)</i> 0% RI	Vitamin K ₁ 0% RI
	<i>cis-Poly</i>	Thiamin (B ₁) 0% RI
	Trans-fatty acids	Riboflavin (B ₂) 0% RI
	Cholesterol	Niacin total (B ₃) 0% RI
		Niacin
		Tryptophan
		Pantothenic Acid (B ₅) 12% RI
		Vitamin B ₆ 0% RI
		Folic Acid (B ₉) 49% RI
		Vitamin B ₁₂ 0% RI
		Biotin (B ₇) 0% RI
		Vitamin C 0% RI
		Other
		GI (estimated)
		GL

Portion Size Options:	Quantity:	Kcal	Cost:
	1000g	3484	
	5kg	17420	
	10kg	34840	

Notes

Scandinavian Quinoa. Organic Certified. KRAV certified agriculture.