

THE CLEAN KILO

ZERO WASTE

SUPERMARKET



WHITE QUINOA ORGANIC - GF £0.69/100G

ORIGIN: UK

Nutrition Facts

Serving Size 100 g

Amount Per Serving

Calories 368

% Daily Value

Total Fat 6.1g 9 %

Saturated Fat 0.7g 4 %

Sodium 5mg 0 %

Total Carbohydrate 64g 21 %

Dietary Fiber 7g 28 %

Protein 14g 28 %

Vitamin A 0 % • Vitamin C N/A

Calcium 5 % • Iron 25 %

Daily values are based on 2000 calorie diet.

INGREDIENTS: Organic White Quinoa

INFO: Characteristic nutty flavour, free from foreign flavours. Quinoa is gluten-free, high in protein and one of the few plant foods that contain sufficient amounts of all nine essential amino acids.. It is also high in fiber, magnesium, B vitamins, iron, potassium, calcium, phosphorus, vitamin E and various beneficial antioxidants.

STORAGE: Cool, dry and hygienic, away from direct light and odours.

COOKING INSTRUCTIONS: Rinse quinoa in a fine mesh sieve until water runs clear, drain and transfer to a medium pot. Add 2 cups water and salt and bring to a boil. Cover, reduce heat to medium low and simmer until water is absorbed, 15 to 20 minutes.

SHELF LIFE: 30 months from packing, please see dispenser for BBE date.

ORGANIC: Organic Certification The product meets EU Organic Standards 834/2007 and 889/2008 and meets the Soil Association Organic Standards.

ALLERGENS: No allergens in product itself - please read below.

ALLERGEN STATEMENT: Where products are indicated as not having an allergen present this refers to the product not being formulate or wholly derived from the particular ingredient. Allergen handling policies and procedures are in place through the supply chain to reduce the likelihood of cross contamination from allergens, however this cannot be guaranteed.

NOTE: The information is considered to be true and correct at the date of publication, changes in circumstances (i.e change of supplier/price etc) after the time of publication may impact on the accuracy of the information. We will endeavour to update any changes as frequently as possible. Publication last updated 22.08.19.

RECIPES COMING SOON!