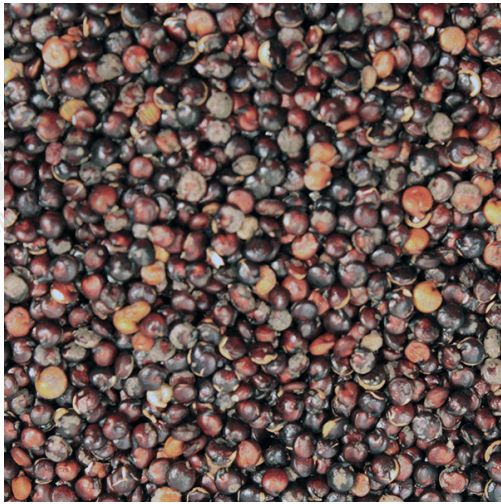


# THE CLEAN KILO

ZERO WASTE

SUPERMARKET



## BLACK QUINOA ORGANIC

£0.69/100G

ORIGIN: PERU

### Nutritional Information Typical values (per 100g)

Energy kcal	356
Energy kj	1505
Fat	7.1g
of which Saturates	0.96g
Carbohydrates	64.3g
of which sugars	3.5g
Fibre	7g
Protein	14g
Salt	6mg

INGREDIENTS: Organic Black Quinoa

INFO: Light nutty flavour. 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 for 20 minutes.

SHELF LIFE: 24 months from production, 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 formulated 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.

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