



GOLDEN QUINOA

www.eatwildrice.ca

UNIT SIZES: 2.5 kg, 5kg, 10kg, 25kg COOK TIME: 15 minutes

INGREDIENTS

Canadian grown golden quinoa

COOKING INSTRUCTIONS

Cook like Pasta:

1. Rinse thoroughly with cold water
2. Bring a large pot of water to a boil
3. Boil on med/high for 10-15 minutes until desired texture is reached
4. Strain and let cool

Stove Top: Rinse thoroughly with cold water.

2. Add 1 cup quinoa and 1-1/4 cup of water
3. Bring to a boil
4. Reduce heat and simmer covered for 12-14 minutes
5. Strain if needed



Nutrition Facts

Valeur nutritive

Per 100 g
pour 100 g

	% Daily Value*
	% valeur quotidienne*
Calories 390	
Fat / Lipides 8 g	11 %
Saturated / saturés 1 g	5 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 64 g	
Fibre / Fibres 16 g	57 %
Sugars / Sucres 13 g	13 %
Protein / Protéines 15 g	
Cholesterol / Cholestérol 0 mg	
Sodium 5 mg	1 %
Potassium 550 mg	12 %
Calcium 50 mg	4 %
Iron / Fer 2.5 mg	14 %
Thiamine 0.35 mg	29 %
Riboflavin / Riboflavine 0.3 mg	23 %
Niacin / Niacine 4.5 mg	28 %
Vitamin B6 / Vitamine B6 0.5 mg	29 %
Phosphorus / Phosphore 450 mg	36 %
Magnesium / Magnésium 200 mg	48 %
Zinc 3 mg	27 %
Selenium / Sélénium 9 mcg	16 %
Copper / Cuivre 0.59 mg	66 %
Manganese / Manganèse 2.05 mg	89 %

*5% or less is a little, 15% or more is a lot

*5% ou moins c'est peu, 15% ou plus c'est beaucoup

PRODUCT HIGHLIGHTS

- Grown in Canada
- Sweet nutty flavour
- Pre-washed and ready to use
- Non-GMO
- High in protein
- Suitable for vegans
- Soups, salads, side dish or entree
- Serve hot or cold
- Complete plant protein

