



# RED QUINOA

www.eatwildrice.ca

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

## INGREDIENTS

Grown in Peru

## COOKING INSTRUCTIONS

1. Bring a pot of water to a boil.  
Add 1 cup of Red Quinoa
2. Cover pot and reduce heat to low/medium. Simmer for 15 minutes or until desired texture is reached.
3. Strain.



Nutrition Facts	
Valeur nutritive	
Per 100 g	
pour 100 g	
Calories 390	% Daily Value*
% valeur quotidienne*	
<b>Fat / Lipides 8 g</b>	11 %
Saturated / saturés 1 g	
+ Trans / trans 0 g	5 %
<b>Carbohydrate / Glucides 64 g</b>	
Fibre / Fibres 16 g	57 %
Sugars / Sucres 13 g	13 %
<b>Protein / Protéines 15 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 5 mg</b>	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

- 15 minute cook
- 100% organic unseasoned
- Consistent cook time
- Use in any recipe calling for white quinoa
- Colourful presentation
- Complete plant protein
- Multi-use: Salads, soups, side dish, entree

