

Quinoa

NUTRITION FACTS			
Serving Size: 1/3 Cup (45g)			
Servings per Container:			
Amount per Serving			
Calories 160		Calories from Fat 18	
% Daily Value*			
Total Fat	2g	0%	
Saturated Fat	0.6g	0%	
Cholesterol	0mg	0%	
Sodium	9mg	0%	
Total Carbohydrate	31g	11%	
Dietary Fiber	2g	34%	
Sugars	1g		
Protein 4g			
Vitamin A		0mg	* Vitamin C 3mg
Calcium		53mg	* Iron 2mg
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
Calories: 2,000 2,500			
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat		9	* Carbohydrate 4 * Protein 4

Ingredients: Whole Grain Quinoa.