



## Quinoa, White, Red & Black Blend, FC

### Product Details:

**Item Number:** 618222  
**Pack Size:** 12 / 2lb.  
**Serving Per Case:** 192  
**Net Weight:** 24 lbs.

**Kosher:** Yes  
**Meal Contribution:**  
**Class:** Always Available  
**Shelf Life:** 18 months  
**Temperature Class:** Frozen  
**Cook State:** Fully Cooked  
**GTIN-12 UPC:**  
**GTIN-14:** 00810358033281

**Sales Price Per:** NA  
**Case Price:** NA

### Ingredients:

Water, White Quinoa, Red Quinoa, Black Quinoa

### Allergen Statement:

None

### Benefits and Suggested Use:

Quinoa is an ancient grain that is extremely popular and versatile. It is great served hot or cold and can be incorporated into a wide variety of dishes. It offers a complete source of protein. This blend is equal parts of white, red, and black quinoa. Quinoa is naturally gluten free. This product is also Non-GMO and All Natural.

## Nutrition Facts

This is a representation of the nutritional label. The nutritional label on the product may vary.

<b>Serving Size</b>	2 oz.
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>120</b>
<b>% Daily Value *</b>	
<b>Total Fat</b> 1.9g	<b>2%</b>
Saturated Fat 0.23g	<b>1%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 7mg	<b>0.3%</b>
<b>Total Carbohydrate</b> 21g	<b>7%</b>
Dietary Fiber 2.8g	<b>11%</b>
Total Sugars 0.87g	
Incl. Added Sugars 0g	<b>0%</b>
<b>Protein</b> 4g	
Vitamin D	
Calcium 17mg	1%
Iron 1.5mg	8%
Potassium 172mg	

\* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### National Food Group

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### Preparation and Additional Information:

#### Instructions for Preparation and Cooking:

The product is ready to eat. No cooking or heating is required.

If heating is desired product can be microwaved, steamed, or sautéed.

For the microwave: Poke a small hole in the bag and microwave for about 5-6 mins per bag. these times may vary based on the type and power of the microwave.

Boil in a bag/Steam in bag: Place bag in boiling water or steamer for 5-10 minutes (2 lbs)

Sautee: Preheat the pan and add a small amount of oil. Add product and cook until heated.

### Logistics Information:

**Gross Weight:** 25 lbs

**Case Dimensions:** 16.14 X 12.20 X 7.48

**Pallet Count:** 56

**Double Stack:** No

**Cube:** 0.852

**Block and Tier:** 7 and 8

The information provided above is, to the knowledge of National Food Group, true and accurate based on information provided to National Food Group; provided that National Food Group does not make any express or implied warranties with respect to any such information shall have no liability for any inaccuracies contained in any such information.

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