



Quinoa Blend

A zesty mix of red and golden quinoa, lemon, cumin and black pepper come together to make the perfect summer salad.

Item Number: 1003869

Target Weight: 2.00 lb

Pack Size: 2 lb/Pouch, 8 Pouches/Case, 16 lb/Case

Net Case Weight: 16.00 lb

Ingredients: Red Quinoa, Quinoa, Lemon Juice (water, concentrated lemon juice), Extra Virgin Olive Oil, Salt, Cumin, Black Pepper.

HEATING INSTRUCTIONS

From Frozen (One Pouch)

Convection Oven: 45-50 minutes at 350°F

Microwave Oven: 10-13 minutes (1100 watts)

From Thawed (One Pouch)

Convection Oven: 25-30 minutes at 350°F

Microwave Oven: 5-8 minute (1100 watts)

NOTE: HEATING TIMES MAY VARY DUE TO MAKE, MODEL AND TEMPERATURE CALIBRATION OF EQUIPMENT. TO DEFOST THE PRODUCT, PLACE UNDER REFRIGERATION OVERNIGHT.

Nutrition Facts

Serving Size 1 Cup (148g)
Servings Per Container About 6

Amount Per Serving		% Daily Value*	
Calories	250	Calories from Fat	50
Total Fat	6g		9%
Saturated Fat	0.5g		3%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	400mg		17%
Total Carbohydrate	41g		14%
Dietary Fiber	5g		20%
Sugars	3g		
Protein	9g		

Vitamin A 0% • Vitamin C 2%

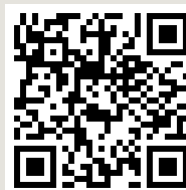
Calcium 4% • Iron 15%

* 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
Sat. 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



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*MANUFACTURED IN A FACILITY THAT ALSO PROCESSES PRODUCTS CONTAINING GLUTEN.