

ORGANIC QUINOA - BLACK R2400

Description: Dried seeds of the grain-like crop of the species Chenopodium. Product is cleaned, washed to remove saponin, mechanically dried and sorted.

Physical Properties

Appearance	Black, white, tan, brown & beige in color	Method: Visual observation
Size	Max 5% thru US #20 screen	

Organoleptic Properties

Flavor	Typical of quinoa, nutty	Method: Organoleptic analysis
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Chemical Properties

Moisture	Maximum: 14 %	Method: Halogen Thermogravimetric Analysis
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Microbiological Properties

Standard Plate Count	Maximum: 500,000 cfu/g	Method: FDA BAM or AOAC equivalent
Coliform	Maximum: 1000 MPN/g	Method: FDA BAM or AOAC equivalent
Yeast	Maximum: 3,000 cfu/g	Method: FDA BAM or AOAC equivalent
Mold	Maximum: 3,000 cfu/g	Method: FDA BAM or AOAC equivalent
E. Coli	<10 cfu/g or <3 MPN/g	Method: FDA BAM or AOAC equivalent
Salmonella	NEG/375g	Method: FDA BAM or AOAC equivalent

Packaging, Labeling, Storage

Packaging	Bag in Box, Food Grade Paper Bag, or to Customer Specification
Receiving Conditions	Product should be shipped and handled in a sanitary manner.
Storage Conditions	Store in a dry, cool place.
Shelf Life	36 months (under optimum storage conditions).

Other

Gluten Status	This product (and if applicable its ingredients) by nature does not contain the gluten proteins found in wheat, rye or barley. This product has not been tested to verify gluten levels less than 20 ppm.
Natural Status	This product is a 100% pure, natural substance. It does not contain any artificial, synthetic or natural identical additives.
BE Status	This product does not contain bioengineered ingredients.

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Vegan Status

This product does not contain any animal derived products including meat, milk, seafood, eggs, honey or bone char.

Halal Status

This product does not contain alcohol, natural L-cysteine extracted from hair or feathers, animal fats and/or extracts, bloods of any origin, blood plasma, pork and/or other meat by-products & alcohol is not used as a processing aid.

SDS Waiver

To the best of our knowledge this product is non-hazardous and not subject to the requirements of 29 CFR 1910.1200. Although this product does not require specific hazard precautions, users should take care to minimize personnel exposure and workplace contamination.

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ALLERGEN STATEMENT

"Q #1: Does the item above contain any of the following allergens or their derivatives?"		"Q #2: Is the item above produced on equipment that comes in contact with any of the following allergens?"		"Q #3: Is the item above produced in a facility that uses or processes these allergens?"		ALLERGENS
YES	NO	YES	NO	YES	NO	
	X	X		X		MILK
	X	X		X		EGGS
	X	X		X		SOYBEANS
	X	X		X		WHEAT
	X		X		X	PEANUTS
	X	X		X		TREE NUTS
	X		X		X	FISH
	X		X		X	CRUSTACEAN SHELLFISH
	X	X		X		SESAME
	X	X		X		MUSTARD
	X	X		X		ADDED SULFITES

Equipment is cleaned and sanitized between production runs to prevent allergens from contaminating non-allergenic products.

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Ingredient Statement

Organic black quinoa

Product Certifications

Certified Kosher Parve

Certified Organic

Proximate Analysis

Protein	14.12	g
Carbohydrate	64.16	g
Moisture	13.27	g
Ash	2.38	g
Fat	6.07	g

Nutritional Analysis

Serving Size	100.00	g
Calories	368.00	
Total Fat	6.07	g
Saturated Fat	0.71	g
Trans. Fat	0.00	g
Cholesterol	0.00	mg
Sodium	5.00	mg
Total Carbohydrates	64.16	g
Dietary Fiber	7.00	g
Sugars	0.00	g
Protein	14.12	g
Vitamin A	14.00	IU
Vitamin C	0.00	mg
Calcium	47.00	mg
Iron	4.57	mg
Added Sugars	0.00	g
Vitamin D	0.00	mcg
Potassium	563.00	mg



STORE IN A DRY, COOL PLACE.

ORGANIC BLACK QUINOA

Black Quinoa is a visually attractive, naturally dark colored quinoa with the same great flavor and complete nutritional value as white quinoa.

- Delicate, nutty flavor
- Naturally gluten free
- Certified organic to the specifications of the USDA National Organic Program

Nutrition Facts

servings per container	
Serving size 1/4 cup (45g)	
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 2.5 g	3%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total Carbohydrate 29 g	11%
Dietary Fiber 3 g	11%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 6 g	
Vitamin D 0.0 mcg	0%
Calcium 21.2 mg	0%
Iron 2.1 mg	10%
Potassium 253.4 mg	6%

* The % Daily Value (DV) 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.

INGREDIENTS

Organic Black Quinoa

BASIC PREP

Bring 2 cups water to a boil. Add 1 cup quinoa, reduce heat to low and simmer for about 15 minutes. The grain will pop and the outside germ will separate into a curly tail. Drain excess water and spread on a sheet pan to cool or use immediately.

SUGGESTED USES

- Ideal for everything from soups, stews and salads to desserts and breakfast cereals
- A great quick-cooking substitute for rice, couscous or bulgur
- A unique substitute for grains in side dishes
- Makes delicious cold salads, gives body and texture to soups and stuffing or makes a hearty cereal
- Enjoy in place of rice, bulgur, barley or

RECIPE

Organic Black Quinoa and Roasted Root Vegetables

- 1 cup Organic Black Quinoa
- 1 large carrot
- 1 large parsnip
- 1 small rutabaga
- 1 tablespoon olive oil
- 1 teaspoon kosher salt
- 1 garlic clove, crushed and minced
- 1 tablespoon balsamic vinegar
- 1 tablespoon honey
- 1 teaspoon chili flakes
- 1 tablespoon chopped parsley

Place the Organic Black Quinoa and 3 cups of water in a medium sauce pot. Bring to a boil and simmer for 12 minutes then strain. Rinse with cold water and drain to dry. Set aside. Heat an oven to 400° degrees. Peel and wash the vegetables in cold water, or peel them. Chop the vegetables to even sized chunks. Toss the vegetables pieces in oil and salt and spread out onto a baking tray. Roast the vegetables for 10-12 minutes until tender. Remove the vegetables from the oven and toss in a bowl with the cooked quinoa. Garnish with balsamic vinegar, honey, chile flakes and parsley.

Makes 4 servings

Organic Black Quinoa has the distinctive nutty flavor and nutritional profile of other quinoa. The crunchier texture is an excellent compliment to tender roasted root vegetables. A drizzle of balsamic vinegar and spicy chile flakes give this warm, healthy side dish a culinary edge.



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COUNTRY OF ORIGIN DECLARATION

THIS PRODUCT ORIGINATES FROM PERU