

ORGANIC QUINOA - RED R2500

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	Light to dark brick red quinoa with some beige pieces.	Method: Visual observation
Size	Max 5% thru US #20	
Extraneous material	Maximum: 1.0 %	Method: Per 100g sample.

Organoleptic Properties

Flavor	Nutty	Method: Organoleptic analysis
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Chemical Properties

Moisture	Maximum: 13 %	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 cfu/g	Method: FDA BAM or AOAC equivalent
Yeast	Maximum: 2500 cfu/g	Method: FDA BAM or AOAC equivalent
Mold	Maximum: 2500 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).

Defect Tolerance

Natural/Unavoidable Defects	Meets the FDA limit for natural and unavoidable defects in food for human use that present no health hazard as specified in Title 21, Code of Federal Regulations, Subpart G, Part 110.110.
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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.
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 red quinoa

Product Certifications

Certified Kosher Parve

Certified Organic by Baystate Organic Certifiers

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 RED QUINOA

Quinoa is an ancient grain with a promising future and widening popularity throughout the world due to its complete nutritional value. We source Red Quinoa from the South American highlands where it was first cultivated. Red quinoa has the same nutritional value and flavor as white quinoa but stays slightly firmer when cooked.

- Mild, nutty flavor
- Small, rusty red-colored grains
- 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.

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

- Enjoy in place of rice, bulgur, barley or couscous in your favorite recipe
- Use as a base for pilafs, salads, or breakfast cereals
- Bake into breads, crackers, or desserts

RECIPE

Organic Red Quinoa with Fresh Figs, Pistachios and Citrus Vinaigrette

- 1 cup Organic Red Quinoa
- 12 fresh figs, halved
- 1/2 cup pistachios, toasted
- 1/2 small red onion, thinly sliced
- 1 lemon, juiced
- 1 orange, juiced
- 2 tablespoons olive oil
- 1 tablespoon honey
- 2-3 mint leaves, chopped
- 2 basil leaves, chopped
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground black pepper

makes 1 3/4 cups

Whisk the citrus juices in a medium bowl with the honey and slowly add the oil. Add the thinly sliced onions to this vinaigrette and set aside.

Place the Organic Red Quinoa and 3 cups of water in a sauce pot over medium heat. Bring the water to a boil and simmer the Quinoa for 12 minutes, strain and rinse with cold water. Set the quinoa aside to drain and dry.

Toss the figs, pistachios, mint and basil with the onions. Season with the salt and ground black pepper. Add the Organic Red Quinoa and toss gently but thoroughly. Serve as a side salad or toss with fresh arugula or romaine for an entree salad.

Organic Red Quinoa is a relative of regular quinoa and has the same qualities of nutrition and nutty flavor. The more crunchy texture of Red Quinoa lends itself to this recipe with sweet, fresh figs and sweet, tangy citrus.

INGREDIENTS

Organic Red Quinoa



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COUNTRY OF ORIGIN DECLARATION

THIS PRODUCT ORIGINATES FROM PERU