

Organic Quinoa (R1020)

Description: Organic Golden Quinoa (KEEN-wah) (CHENOPODIUM QUINOA) is 100% organic. This product has been processed to remove the saponin.

Physical Properties

Appearance	Golden with black specs.	
Size	Maximum 5% - US #20 Screen	
Broken seeds/kernels	Maximum: 5 %	Method: Measure broken seeds/kernels in 25g sample.

Organoleptic Properties

Flavor	Nutty, typical of quinoa
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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: 500 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).

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

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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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"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 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.

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 Quinoa.

ORGANIC QUINOA

We source Organic Quinoa from the South American highlands where it was first cultivated and remove its bitter-tasting saponin coating for a product that is ready to cook without rinsing. Nutritious and versatile, Organic Quinoa has a fluffy texture and mild, nutty flavor.

- Nutty, clean flavor
- Tiny grains, golden in color with black specs
- Naturally gluten free
- Certified according to the specifications of the National Organic Program

BASIC PREP

Bring 2 cups water to a boil. Add 1 cup quinoa, reduce heat to low and simmer for 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

Quinoa-Rice Yoga Bowls

- 4 garlic cloves, finely chopped
- 2 tablespoons soy sauce
- 1 tablespoon rice wine vinegar
- 1/4 cup peanut oil
- 1 teaspoon toasted sesame oil
- 3 cups warm, cooked brown rice
- 3 cups warm, cooked Quinoa
- 8 ounces broccoli, washed and roasted until tender, then cooled
- 6 large eggs, poached then kept warm until serving
- 1 sweet potato, baked until done then peeled and cut into thick slices
- 1 cup coarsely chopped kimchi, or to taste
- 6 tablespoons sliced scallions
- 6 tablespoons sesame seeds
- Crumbled dried seaweed snack sheets

Stir together garlic, soy sauce and rice wine vinegar. Whisk in peanut oil and toasted sesame oil. Adjust seasoning with salt and pepper.

Fluff brown rice and quinoa. Scoop 1/2 cup brown rice and 1/2 cup quinoa into each bowl. Season to taste with garlic-soy sauce dressing. Top as desired with broccoli, poached egg, sweet potato slices, kimchi, scallions, sesame seeds and crumbled seaweed snacks.

Makes 6 servings

Think of these bowls as you would a hearty hamburger: the basic pattern is set but feel free to top it however you desire. The quinoa and rice provide a blank canvas you can decorate however you like, but we recommend balancing tastes and textures with ingredients like we list above. Feel free to substitute your favorite vegetables.



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THIS PRODUCT ORIGINATES FROM PERU