



Product Name: Puffed Quinoa

Description: Prepared from quinoa that has been dried, cleaned (saponin removal) and toasted. Nutritional values are for uncooked quinoa.

Physical Properties

Appearance	Rounded seeds, tan to cream color.
Size	Small grains, typical of puffed quinoa.

Organoleptic Properties

Flavor	Typical of quinoa grain, slightly sweet, crunchy
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Microbiological Properties

Standard Plate Count	Maximum: 100,000 cfu/g	Method: FDA BAM or AOAC equivalent
Coliform	Maximum: 100 MPN/g	Method: FDA BAM or AOAC equivalent
Yeast	Maximum: 1000 cfu/g	Method: FDA BAM or AOAC equivalent
Mold	Maximum: 1000 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.
Vegan Status	This product does not contain any animal derived products including meat, milk, seafood, eggs, honey or bone char.

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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.

ALLERGEN STATEMENT FOR PUFFED QUINOA

"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.



Product Name: Puffed Quinoa

Ingredient Statement

Quinoa.

Product Certifications

Certified Kosher Parve

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



PUFFED QUINOA



STORE IN A DRY, COOL PLACE.

Puffed Quinoa has an airy, crisp texture and pleasant toasted taste that's delicious added to granola, snack mixes and baked goods, or eaten as a nutritious breakfast cereal. It is naturally gluten free and therefore suitable for those with gluten allergies and celiac disease.

- Small, round grains with cream to tan color
- Nutritious alternative to puffed rice breakfast cereal
- Good source of protein, amino acids, fiber and certain B vitamins
- Naturally gluten free

Nutrition Facts

servings per container	
Serving size about 1 cup (15g)	
Amount per serving	60
Calories	
	% Daily Value*
Total Fat 1 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total Carbohydrate 10 g	4%
Dietary Fiber 1 g	4%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 2 g	
Vitamin D 0.0 mcg	0%
Calcium 7.1 mg	0%
Iron 0.7 mg	4%
Potassium 84.5 mg	0%

* 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

Ready to eat. No preparation necessary.

SUGGESTED USES

- Enjoy with milk and fruit as a nutritious, high-protein alternative to puffed rice cereal
- Bake into granola
- Add to trail mix to boost protein content without adding excess fat or cholesterol
- Sprinkle over salads to add texture
- Add to muffin, pancake or waffle batter for a unique texture

RECIPE

Crispy Quinoa Peanut Butter Treats

- 3/4 cup dark amber honey
- 3/4 cup chunky peanut butter
- 6 cups Puffed Quinoa
- 2/3 cup dried cherries, roughly chopped
- Non-stick cooking spray

Spray a 9x13-inch pan with cooking spray and set aside.
Heat honey and peanut butter in a large saucepot over medium-low heat until melted, about 3 minutes.
Add Puffed Quinoa and dried cherries to the pot and stir until evenly incorporated.
Press mixture into greased pan, and chill for 40 minutes.
Cut into squares and serve.

Makes 12 squares

Rich and delicious with just four ingredients, these crispy quinoa treats are a sweet, all-natural indulgence that's just as perfect for an afternoon protein fuel-up as they are for dessert.

INGREDIENTS

Quinoa.



OliveNation LLC

50 Terminal St., Bldg. 2, Ste. 712, Charlestown, MA 02129

www.OliveNation.com ~ 617-580-3667

COUNTRY OF ORIGIN DECLARATION FOR
PUFFED QUINOA

THIS PRODUCT ORIGINATES FROM PERU