

**Product Name: Golden Quinoa Flour**

Description: Quinoa is known for its nutritional content because it is so well balanced in its amino acids. The flour has a pleasant nutty taste and imparts a nice moisture to baked goods.

**Physical Properties**

Appearance	Beige to off white color	Method: Visual observation
Size	Minimum 85% - US #70 Screen	

**Organoleptic Properties**

Flavor	Nutty	Method: Organoleptic analysis
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**Chemical Properties**

Moisture	Maximum: 13 %	Method: Halogen Thermogravimetric Analysis
Aflatoxin (Total)	Maximum: 20 ppb	

**Microbiological Properties**

Standard Plate Count	Maximum: 1,000,000 cfu/g	Method: FDA BAM or AOAC equivalent
Coliform	Maximum: 1000 MPN/g	Method: FDA BAM or AOAC equivalent
Yeast	Maximum: 5000 cfu/g	Method: FDA BAM or AOAC equivalent
Mold	Maximum: 5000 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	Poly bag in box, plastic jar, 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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artificial, synthetic or natural identical additives.

BE Status

This product does not contain genetically engineered 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.

## ALLERGEN STATEMENT FOR GOLDEN QUINOA FLOUR

"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.



OliveNation LLC

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

[www.OliveNation.com](http://www.OliveNation.com) ~ 617-580-3667

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**Ingredient Statement**

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Quinoa.

**Product Certifications**

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Certified Kosher Parve

**Proximate Analysis**

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

**Nutritional Analysis**

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Serving Size	100.00	g
Calories	370.45	
Total Fat	5.96	g
Saturated Fat	0.66	g
Trans. Fat	0.00	g
Cholesterol	0.00	mg
Sodium	11.53	mg
Total Carbohydrates	66.09	g
Dietary Fiber	6.55	g
Sugars	1.02	g
Protein	13.70	g
Vitamin A	14.00	IU
Vitamin C	0.00	mg
Calcium	52.30	mg
Iron	6.48	mg
Added Sugars	0.00	g
Vitamin D	0.00	mcg
Potassium	512.82	mg



NO  
GLUTEN  
FREE

STORE IN A DRY, COOL PLACE.

## GOLDEN QUINOA FLOUR

Golden Quinoa Flour is made from golden quinoa sourced in the South American highlands where it was first cultivated. Our Golden Quinoa Flour has had its natural, bitter-tasting saponin coating removed prior to being milled into a smooth meal that is ready to add to recipes.

- Beige to off-white color
- Ground to a fine-textured flour
- Naturally gluten free

### Nutrition Facts

servings per container	
<b>Serving size</b> about 1/4 cup (30g)	
<b>Amount per serving</b>	
<b>Calories</b>	<b>110</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 2 g	<b>3%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 0 mg	<b>0%</b>
<b>Total Carbohydrate</b> 20 g	<b>7%</b>
Dietary Fiber 2 g	<b>7%</b>
Total Sugars 0 g	
Includes 0 g Added Sugars	<b>0%</b>
<b>Protein</b> 4 g	
Vitamin D 0.0 mcg	<b>0%</b>
Calcium 15.7 mg	<b>0%</b>
Iron 1.9 mg	<b>10%</b>
Potassium 153.8 mg	<b>4%</b>

\* 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 use. Add as needed.

### SUGGESTED USES

- Substitute for 1/4 amount regular flour in recipes for a gluten-free flour indistinguishable in taste. Adding more makes nutty quinoa flavor noticeable.
- Use as a gluten-free thickener in place of flour in soups, stews, sauces, gravies and roux.
- Bake into breads, crackers, or desserts.
- Use to make gluten free pasta noodles.

### RECIPE

Quinoa Cashew Blondies

- 1/2 stick (1/4 cup) butter plus extra for pan
- 3/4 cup cashew butter
- 2 large eggs
- 1/2 cup brown sugar, packed
- 1/4 cup granulated sugar
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 3/4 cup Golden Quinoa Flour
- 1-1/4 cups butterscotch chips

Preheat oven to 350°F and grease an 8x8 pan.  
Beat butter and cashew butter together in a large bowl until combined. Add eggs and sugars, continuing to mix until combined. Whisk together baking powder, salt and Quinoa Flour in a separate bowl, then add to the wet ingredients, blending until just evenly incorporated and being careful not to over-mix.  
Fold in butterscotch chips.  
Pour mixture into 8x8 pan and bake until golden brown and still a bit soft in the center, about 22 to 24 minutes.  
Let blondies cool before slicing and removing from pan.

Makes 9 pieces

Cashew butter and butterscotch chips are a decadent counterpoint to the distinctive taste and high protein content of Golden Quinoa Flour in these rich treats. Slightly under-baking them produces the gooey center that blondies are known for. We like them warmed, and served with a scoop of vanilla ice cream.

### INGREDIENTS

Quinoa.



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COUNTRY OF ORIGIN DECLARATION FOR  
GOLDEN QUINOA FLOUR

THIS PRODUCT ORIGINATES FROM UNITED STATES