



# Quinoa

Superfood, Superflavor

Quinoa, a seed grain, is widely touted as one of the healthiest foods in the world. Rich in plant protein, fiber and key vitamins and minerals, we could think of no better way to leverage this wonderful superfood than by infusing it with the flavors of the Mediterranean. Using [a blend of white and red quinoa], we draw in roasted red pepper, corn, cilantro and [cumin], finishing it with a nutty vinegar and olive oil dressing. The quinoa soaks up every note for a burst of flavor with every bite. Perfect as an accompaniment to red meat, poultry or fish or as a light and healthy meal or snack.



Vegan • Gluten Free

#### INGREDIENTS:

Red Quinoa, White Quinoa, Corn, Fire Roasted Red Peppers (Fire Roasted Red Peppers, Water, Salt, Citric Acid, Calcium Chloride), Red Wine Vinegar, Soybean Oil, Scallions, Olive Oil, Salt, Cumin, Black Pepper, Cilantro.

#### Nutrition Facts

Serving size 1/2 cup (100g)

Amount per serving  
**Calories 140**

% Daily Value\*

Total Fat 5g 6%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 460mg 20%

Total Carbohydrate 19g 7%

Dietary Fiber 3g 11%

Total Sugars 1g

Includes 0g Added Sugars 0%

**Protein 4g**

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 1mg 6%

Potassium 166mg 4%

\*The % Daily Value 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.

Contains Soy.

MAY CONTAIN POTENTIAL ALLERGENS

May also contain Egg, Fish, Milk, Peanut, Sesame, Shellfish, Tree Nuts, Wheat, Celery, Crustaceans, Gluten, Lupin Molluscs, Mustards, Sulphites