



Quinoa white

4'248 kcal

- Tin:** radius 13cm, height 17.4cm, circumference 40.3cm
- Content:** Quinoa white, 1200g
- Storage:** Preferably cool and dry, without direct sunlight.
Ideally at a constant temperature of approx. 15-20° Celsius.
- Once opened:** Always close the tin firmly with the plastic lid. Do not eat directly from the container (contamination), the opened product can be consumed within several weeks.
Avoid large temperature variation to prevent condensation.
- Shelf Life:** 10 years. Vacuumed and sealed under protective atmosphere (Swiss Can Machinery).

nutritional values per 100g:

product	energy KJ / kcal	fat	saturated fat	carbs	sugars	protein	salt	fibre
quinoa white	1494 / 354	6.1g	0.7g	57.2g	4.9g	14.1g	0.03g	7g

- Directions:** Simmer for 8 min. Remove pot from heat and leave it to rest for 5 min
Quinoa/Water ratio: 1:1,5