

Quinoa

- Content:** 1200g (in 2-liter tin)
- Texture:** very fine grain
- Storage:** If possible, cool and dry, without direct sunlight.
A constant temperature of below 20° Celsius would be optimal.
- Once opened:** Close again with the enclosed plastic lid.
Do not eat directly from the container (contamination), then the content of the opened tin will not go bad for several weeks.
Avoid huge temperature range to prevent development of humidity in- and outside the tin.
- Shelf Life:** 10 years. Vacuumed and sealed under protective atmosphere (INDOSA pro-VAC)

Nutritional values per 100g:

Product	Energy KJ / kcal	Fat	th. Saturated fatty acids	Carbo- hydrates	thereof sugar	Protein	Salt	Dietary Fibres
Quinoa	1494 / 354	6,1g	0,7g	57,2g	4,9g	14,1g	0,03g	7,0g

Ingredients: 100% Quinoa

Preparation/Consumption: Rinse Quinoa with water. Then add about 100g quinoa to 150ml water and bring to the boil (ratio 1:1.5).
Let the quinoa simmer for 8 minutes.
Remove the pot from the heat and let it simmer for another 5 minutes.
Pour off any excess water – done.