



## Quinoa tricolore, organic

4'332 kcal

- Tin:** radius 13cm, height 17.4cm, circumference 40.3cm
- Content:** Quinoa red, black, white, organic 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 tricolore	1510 / 361	4.5g	0.5g	62g	2.5g	13g	0g	13g

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