



Nutrition

Serving Size: 1 cup (126g)
Servings per container about 9
Calories: 150

	Amount per serving	% Daily Values
Total Fat	2.5g	3%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	10mg	0%
Total Carbohydrates	27g	10%
Dietary Fiber	4g	14%
Total Sugars	1g	
Includes 0g Added Sugars		0%
Protein	6g	
Vitamin D	0mcg	0%
Calcium	20mg	2%
Iron	1.9mg	10%
Potassium	220mg	4%

The % Daily Value tells you how much a nutrient in a serving of foods contributes to a daily diet. 2,000 calories a day is used for general nutrition advice

Ingredients

WATER, RED QUINOA.

Simplot Good Grains™ - Red Quinoa

Simplot Good Grains™ Premium Blends feature nutritious whole grains and colorful vegetables in delicious combinations designed to appeal to the palates of today’s health-conscious consumers. Our IQF Red Quinoa makes it easy to serve only what you need, reducing waste.

Product Specification

SKU	10071179038009
Pack	6/2.5lb
Brand	Simplot Good Grains™
Gross Weight	17lb
Net Weight	15lb
Country of Manufacture	CA
Halal	N
Kosher	N
Vegan	Y
Vegetarian	Y
Gluten Free	Y
Low Fat	Y
Low Sodium	Y
Zero Grams Trans Fat	Y

Shipping Information

Length	13.375 in
Width	12 in
Height	7.125 in
Case Cube	0.662
TixHi	12X9
Shelf Life	630 Days
Storage Temp From/To	-10°F / 10°F

Benefits

- Vegetarian, vegan and gluten-free
- Pre-cooked perfection every serving, freezer to plate in minutes
- Consistent results—just heat and serve
- IQF for easy portioning
- Serve hot, or chill after cooking for cold applications

Serving Suggestions

Simplot Good Grains™ Red Quinoa is a great stand alone side, as well as going great in salads, soups, & grain bowls.

Preparation Instructions For Food Safety And Quality

FOR FOOD SAFETY AND QUALITY, FOLLOW THESE COOKING INSTRUCTIONS. THIS PRODUCT MUST BE COOKED TO AN INTERNAL TEMPERATURE OF 160°F PRIOR TO EATING. Promptly refrigerate any unused heated portion.
SKILLET Heat 2 Tbsp. oil in a skillet on MED-HIGH heat. Sauté half bag of frozen product for 6 minutes, covered, stirring frequently.
STEAMER Put half bag of frozen product in a solid half size steam pan. Cook in pre-heated steamer for 6 minutes.
MICROWAVE (1100 WATTS) Microwave half bag of frozen product, covered, on HIGH for 8 minutes. Stir halfway through cook time. Let stand for 1 minute. CAUTION: PRODUCT WILL BE HOT.