## NUTRITIONAL CONTENT

### WHITE QUINOA

**Nutrition Fact**

Amount per serving

Calories 100g 384 Kcal

| | 100g | VDR% (100g) |
|---|---|---|
| Protein (g) | 22 g | 29% |
| Total Fat | 8 g | 12% |
| Total Carbohydrates | 56 g | 19% |
| Dietary fiber | 20 g | 80% |
| Sodium | 2 mg | 0% |

| | |
|---|---|
| Calcium 76 mg (8%) | Iron 7 mg (50%) |
| Magnesium 371 mg (143%) | Zinc 4 mg (57%) |
| Phosphorus 870 mg (124%) | Potassium 1098 mg (23%) |
| Copper 1 mg (111%) | Manganesse 6 mg (261%) |

### BLACK QUINOA

**Nutrition Fact**

Calories 100g 382 Kcal

| | 100g | VDR% (100g) |
|---|---|---|
| Protein (g) | 18 g | 24% |
| Total Fat | 8 g | 12% |
| Total Carbohydrates | 58 g | 19% |
| Dietary fiber | 22 g | 88% |
| Sodium | 20 mg | 1% |

| | |
|---|---|
| Calcium 97 mg (10%) | Iron 7 mg (50%) |
| Magnesium 291 mg (112%) | Zinc 3 mg (43%) |
| Phosphorus 662 mg (95%) | Potassium 1166 mg (25%) |
| Copper 1 mg (111%) | Manganesse 5 mg (217%) |

### RED QUINOA

**Nutrition Fact**

Calories 100g 401 Kcal

| | 100g | VDR % (100g) |
|---|---|---|
| Protein (g) | 27 g | 36% |
| Total Fat | 12 g | 18% |
| Total Carbohydrates | 46 g | 15% |
| Dietary fiber | 27 g | 108% |
| Sodium | 1 mg | 0% |

| | |
|---|---|
| Calcium 72 mg (7%) | Iron 10 mg (71%) |
| Magnesium 435 mg (167%) | Zinc 4 mg (57%) |
| Phosphorus 1109 mg (158%) | Potassium 1192 mg (25%) |
| Copper 1 mg (111%) | Manganesse 5 mg (217%) |

### TRICOLOR QUINOA

**Nutrition Fact**

Calories 100g 377 Kcal

| | 100g | VDR % (100g) |
|---|---|---|
| Protein (g) | 19g | 25% |
| Total Fat | 7g | 11% |
| Total Carbohydrates | 59g | 20% |
| Dietary fiber | 19g | 76% |
| Sodium | 65 mg | 3% |

| | |
|---|---|
| Calcium 77 mg (8%) | Iron 7 mg (50%) |
| Magnesium 337 mg (130%) | Zinc 4 mg (57%) |
| Phosphorus 808 mg (115%) | Potassium 1067 mg (23%) |
| Copper 1 mg (111%) | Manganesse 4 mg (174%) |

**BLACK CHIA**

## Nutrition Fact

| | 100g | %VD |
|---|---|---|
| Energy | 507 Kcal | 4 |
| Protein (g) | 21.0 g | 6 |
| Total Fat | 30.8 g | 7 |
| Saturated Fat | 3.00 g | |
| Monounsaturated Fat | 1.7 g | |
| Polyunsaturated Fat | 25.8 g | 41 |
| Omega 3 (g) | 20.2 g | |
| Omega 6 (g) | 5.6 g | |
| Cholesterol | 0.4 g | |
| Total Carbohydrates | 36.5 g | 2 |
| Total Sugar | 4.2 g | |
| Dietary fiber | 17.0 g | 9 |
| Calcium | 887.4 mg | 14 |
| Iron | 214.3 mg | 229 |
| Sodium | 12.6 mg | 0 |

**WHITE CHIA**

## Nutrition Fact

| | 100g | %VD |
|---|---|---|
| Energy | 507 Kcal | 4 |
| Protein (g) | 21.0 g | 6 |
| Total Fat | 30.8 g | 7 |
| Saturated Fat | 3.00 g | |
| Monounsaturated Fat | 1.7 g | |
| Polyunsaturated Fat | 25.8 g | 41 |
| Omega 3 (g) | 20.2 g | |
| Omega 6 (g) | 5.6 g | |
| Cholesterol | 0.4 g | |
| Total Carbohydrates | 36.5 g | 2 |
| Total Sugar | 4.2 g | |
| Dietary fiber | 17.0 g | 9 |
| Calcium | 887.4 mg | 14 |
| Iron | 214.3 mg | 229 |
| Sodium | 12.6 mg | 0 |

**AMARANTH**

## Nutrition Fact

Calories 100g 383 Kcal

| | 100g | VDR % (100g) |
|---|---|---|
| Protein (g) | 14 g | 19% |
| Total Fat | 8 g | 12% |
| Total Carbohydrates | 65 g | 22% |
| Dietary fiber | 7 g | 28% |
| Total sugar | 15 g | 30% |
| Sodium | 0 mg | 0% |

| | |
|---|---|
| Calcium 116mg (11.6%) | Iron 6 mg (43%) |
| Magnesium ND | Zinc 3 mg (43%) |
| Phosphorus 300 mg (43%) | Potassium 379 mg (8%) |
| Thiamine (B1) 0.05mg (4%) | Niacin (B3) 0.99mg (1%) |
| Riboflavin (B2) 0.12 mg (9%) | Pyridoxine (B6) 0.51 mg (39%) |
| Vitamin C 0.52mg (1%) | |