



White Quinoa Bio 400 g Ecosana

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Description

Quinoa is a seed native to the Andes Mountains. This seed is usually confused with a cereal, since its composition in carbohydrates and its way of cooking is very similar, so it is considered a **pseudocereal**. **ECOSANA Bio White Quinoa** comes from organic farming, obtaining a higher quality product that is respectful with the environment. It is a variety of seed with **white colour** and a slight flavour reminiscent of walnuts. Of great nutritional value, it will provide you with healthy **omega 3** fats and all the **essential amino acids** that our body needs, with a **balanced** contribution between fats, proteins and carbohydrates. This variety is the best known of all quinoas and the richest in minerals and vitamins. This pseudocereal is naturally **gluten-free** so it is also **suitable for celiacs**. That is why it is an exceptional food to combine in **vegetarian and vegan** diets, as well as for **athletes**, accompanied by the vegetables that you like the most!

Ingredients

White quinoa grains*

*From Organic Agriculture.

Directions

Use at your convenience

Presentation

Contains 400 g

Warnings

Store in a cool, dry place.

May contain traces of **Nuts, Sesame and Soya**.

Nutrition Facts

Per 100 g

Quantity

Energetic Value	1488 kJ / 355 kcal
Fat of which saturated	5,94 g 0,53 g
Carbohydrates of which sugars	62,44 g 1,60 g
Fibre	6,86 g
Proteins	12,19 g
Salt	0,0075 g

Allergen Information

Shelled Nuts, Sesame, Soya,

Certifications

