



# 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

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White quinoa grains\*

\*From Organic Agriculture.

## Directions

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Use at your convenience

## Presentation

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Contains 400 g

## Warnings

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Store in a cool, dry place.

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

## Nutrition Facts

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Per 100 g

**Quantity**

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

## Allergen Information

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Shelled Nuts, Sesame, Soya,

## Certifications

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