



## Red Quinoa Bio 400 g Ecosana

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### Description

Quinoa is a seed native to the Andes mountain range. This seed is usually confused with a cereal, since its composition in carbohydrates and its way of cooking is very similar, which is why it is considered a **pseudocereal**. **ECOSANA's Bio Red Quinoa** comes from **organic** farming, obtaining a higher quality product that is respectful with the environment. It is a variety of seed with **red colour** of high nutritional value, with a **balanced** contribution between fats, proteins and carbohydrates, which will provide you with healthy **omega 3** fats and all the **essential amino acids** that our body needs. Unlike other varieties, the red one maintains a crunchy consistency once cooked, so it is great for preparing **vegan meatballs** and **vegan burgers**, as well as adding different touches of texture to your

dishes.

# Ingredients

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Red 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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May contain **Gluten, Nuts, Sesame and Soya**.

Store in a cool, dry place.

# Nutrition Facts

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Per 100 g

	Quantity
<b>Energetic Value</b>	<b>1683 kJ / 402 kcal</b>
<b>Fat</b> <i>of which saturated</i>	<b>7,60 g</b> <i>3,50 g</i>
<b>Carbohydrates</b> <i>of which sugars</i>	<b>66,10 g</b> <i>7,40 g</i>
<b>Fibre</b>	<b>10,03 g</b>
<b>Proteins</b>	<b>12,10 g</b>
<b>Salt</b>	<b>0,020 g</b>

# Allergen Information

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Shelled Nuts, Gluten, Sesame, Soya,

# Certifications

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