



Black 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 Bio Black Quinoa** comes from **organic farming**, obtaining a higher quality product that is respectful with the environment. It is one of the rarest varieties of seeds to find on the market, distinguishing itself from the other varieties for being **rich in lithium**, a metallic salt to which a beneficial effect has been attributed over time to raise the mood. In addition, like the other varieties, it will provide you with healthy **omega 3** fats and all the **essential amino acids** that our body needs. You can add it to give a crunchy touch to your recipes in desserts and breads or try to make delicious innovative recipes.

Ingredients

Black quinoa grains*

*From Organic Agriculture.

Directions

Use at your convenience

Presentation

Contains 400 g

Warnings

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

Store in a cool, dry place.

Nutrition Facts

Per 100 g

Energetic Value

Fat of which saturated

Quantity

1683 kJ / 402 kcal

7,60 g 3,50 g

Carbohydrates <i>of which sugars</i>	66,10 g <i>7,40 g</i>
Fibre	10,03 g
Proteins	12,10 g
Salt	0,02 g

Allergen Information

Shelled Nuts, Gluten, Sesame, Soya,

Certifications

