

Andean Naturals LLC
 Royal Quinoa Whole Grain

Nutrition Facts

Servings Per Container About 10

Serving Size: 1/4 cup (42 grams)

	Amount	FDA Daily Values	% daily Values
Calories	159		
Calories from fat	0		
Total Fat	2.45	65	3.8%
Saturated Fat	0.25	20	1.3%
Monounsaturated	0.65		
Polyunsaturated	1		
Cholesterol	0		
Sodium	9	2400	0.4%
Total Carbohydrate	29.5	300	9.8%
Dietary Fiber	3.066	25	12.3%
Sugars (grams)	1		
Protein	5.7	50	11.4%
Vitamin A 0%	0		
Vitamin E (mg)	2.05	30	6.8%
Vitamin C	0		
Copper (mg)	0.35		
Calcium (mg)	26	1000	2.6%
Iron (mg)	3.95	18	21.9%
Magnesium (mg)	89.5	400	22.4%
Manganese (mg)	0.95		
Phosphorus (mg)	174.5	1000	17.5%
Potassium (mg)	314.5	3500	9.0%
Zinc (mg)	1.4	15	9%

*Percent Daily Values are based on a 2,000 calorie diet.
 Your daily values may be higher or lower depending on
 your calorie needs: