NEW YORK STATE | Office of Mental Health

Quinoa (2221)

03/10/2021

Nutrition Facts

20 servings per container

Serving size **1/2 cup (92g)**

Amount per serving

Calories **90**

	% Daily Value*
Total Fat 1.5g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 16g	**6%**
Dietary Fiber 2g	**7%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 3g	
Vitamin D 0mcg	0%
Calcium 13mg	2%
Iron 1mg	6%
Potassium 137mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: WATER, QUINOA

ALLERGEN: Manufactured on equipment that processes products containing Soy, Eggs, Milk, Wheat, Fish and Crustacean Shellfish.

Order Number: C682221