

cereausly®

Quinoa

ROYAL WHITE



COOKING INSTRUCTIONS

Rinse 1 cup of quinoa using a fine-mesh strainer for 2 minutes. In a saucepan, mix quinoa with 2 cups of water. Bring to a boil. Cover and simmer for 12-16 minutes or until tender and most liquid has been absorbed. Fluff with a fork.

GLUTEN FREE | NON-GMO | ORGANIC | VEGAN | KOSHER

Nutrition Facts	Amount/serving		% Daily Value*	Amount/serving		% Daily Value*
	Total Fat 2.5g		3%	Total Carbohydrate 31g		11%
20 servings per container	Saturated Fat 0g		0%	Dietary Fiber 3g		11%
	Trans Fat 0g			Total Sugars 0g		
Serving size 1/4 cup dry (46g)	Polyunsaturated Fat 0g			Includes 0g Added Sugars		0%
	Cholesterol 0mg		0%	Protein 7g		14%
Calories per serving 170	Sodium 0mg		0%	Vitamin D 0mcg		0%
	Potassium 259mg		6%	Calcium 22mg		2%
				Iron 2mg		10%

*The % Daily Value (DV) 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: Organic White Quinoa
Product of Bolivia
Distributed by Wonderfood LLC
Miami, FL 33122
Certified Organic by QCS
www.Cereausly.com
Store in a cool, dry place



Lot: 123456
Exp: NOV 15, 2022



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QUINOA

Royal White



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Net Wt 2 lbs (0.91 kg)

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Serving size
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Calories
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170

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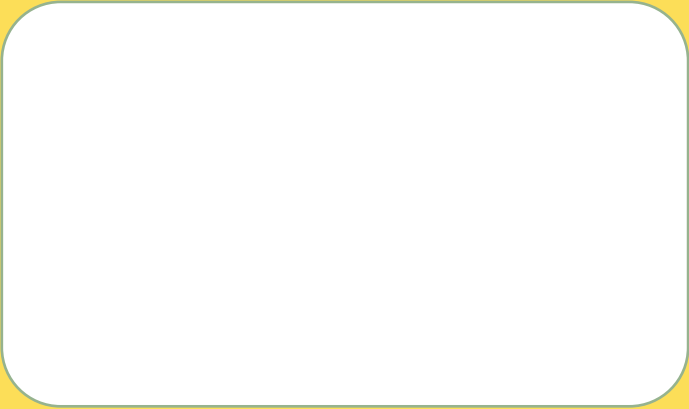
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