



Quinoa - precooked



This 'pseudo-cereal', originating from the Andes mountains, is classed as a 'superfood' as it is extremely nutritious. It is rich in high-quality proteins, dietary fibre, vitamins and minerals. It is also gluten-free. An ideal vegetarian substitute for meat. Ardo's quinoa is pre-cooked for use in a wide variety of quick-to-prepare hot and cold dishes.

NUTRITION INFORMATION (100G)

Energy: 479kj/113kcal

Fat: 1.8g

Fat of which saturates: 0.2g

Carbohydrate : 19.5g

Carbohydrate of which sugars: 2.1g

Fibre: 2.4g

Protein: 4.8g

Salt: 0.05g

PREPARATION



Put the desired quantity of product in a microwaveable bowl, cover and cook, stirring well.



Heat 1-2 tablespoons vegetable oil in a frying pan. Put the desired quantity of product in the frying pan and cook at medium heat stirring well.

LOGISTICAL INFORMATION (EURO PALLET)

1000G

10KG



Item code:	100203810
Number and weight:	10x1000g
Layer/Cartons:	9x9c
GTIN CU:	5411361084731
GTIN SU:	05411361084748
JD Edwards:	26468
Packaging:	Polybag
Languages:	NL - F - D - UK - E - P - IT - GR - DK - SE - NO - FI

This product is available in piece picking



Item code:	100203910
Number and weight:	1x10kg
Layer/Cartons:	10x9c
GTIN CU:	5411361083802
GTIN SU:	05411361083802
JD Edwards:	26411
Packaging:	Carton
Languages:	NL - F - D - UK - E - P - IT - GR - DK - SE - NO - FI - CZ - SK - H -



HR - SL - RU - PL - RO - EE - LT - LV - BG

This product is available in full pallet