

Organic red quinoa

Quinoa is considered a pseudo-cereal and is prepared similarly to grains. Its fresh, crunchy aroma complements exotic vegetable dishes, casseroles, stews, or even patties - a secret tip for superfood connoisseurs and an excellent culinary addition.

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

| | |
|--------------------------------|----------|
| Calorific value kj | 1599 kj |
| Calorific value kj | 1528 kj |
| Calorific value kcal | 382 kcal |
| Calorific value kcal | 365 kcal |
| Fat | 6.1 g |
| Fat | 5.9 g |
| Of which saturated fatty acids | 0.7 g |
| Of which saturated fatty acids | 0.5 g |
| Carbohydrates | 64.2 g |
| Carbohydrates | 62.4 g |
| Of which sugar | 2.7 g |
| Of which sugar | 1.8 g |
| Fibers | 7 g |
| Fibers | 6.9 g |
| Protein | 14.1 g |
| Protein | 12.2 g |
| Salt | 0.01 g |

Allergene

| | |
|--------------------------|------|
| Gluten-containing cereal | Nein |
| Chicken egg | Nein |
| Peanuts | Nein |

| | |
|-----------------------------|------|
| Milk | Nein |
| Celery | Nein |
| Sesame seeds | Nein |
| Lupines | Nein |
| Crustaceans | Nein |
| Fish | Nein |
| Soy | Nein |
| Nuts | Nein |
| Mustard | Nein |
| Sulfur dioxide and sulphite | Nein |
| Molluscs | Nein |
| Cashews | Nein |
| Spelt | Nein |
| Barley | Nein |
| Oat | Nein |
| Hybrid Strains | Nein |
| Kamut | Nein |
| Macadamia | Nein |
| Almonds | Nein |
| Brazil Nuts | Nein |
| Pecans | Nein |
| Pistachios | Nein |
| Rye | Nein |
| Hazelnuts | Nein |
| Sesame | Nein |
| Walnuts | Nein |
| Wheat | Nein |