

Quinoa Tricolore organic

Designation: quinoa mixture three-coloured

Description: Quinoa belongs to the pseudo cereals and is prepared accordingly similar to cereals. The Tricolore mixture not only convinces visually - the refreshing aroma also complements exotic vegetable dishes, casseroles, stews or even roasts - an insider tip for superfood connoisseurs and an excellent culinary enrichment and both a good source of protein, as well as rich in fiber.

Preparation: Side dish for 4 people: Give 1 cup of quinoa in a sieve and rinse. Heat 2 cups of salted water or vegetable broth to boiling point, add 1 cup of quinoa, reduce heat and simmer for 15 – 20 minutes. Combine with vegetables, fruit, fish, meat or vegetable alternatives. Also as base for patties, casseroles or fillings.

Ingredients: quinoa black* 33, 3%, quinoa red* 33, 3%, quinoa white* 33, 3%

* from controlled organic cultivation

Raw food: No

Fairtrade: No

Gluten-free: No

Vegan: Yes

Superfood: Yes

Naturally gluten-free: Yes

Plastic-free: Yes

Organic: Yes

Value Pack: No

ECO Control Point: DE-ÖKO-003

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	1552 kj
Calorific value kj	1528 kj
Calorific value kcal	371 kcal
Calorific value kcal	365 kcal
Fat	6 g
Fat	5.9 g
Of which saturated fatty acids	0.6 g
Of which saturated fatty acids	0.5 g
Carbohydrates	63 g
Carbohydrates	62.4 g
Of which sugar	2.1 g
Of which sugar	1.8 g
Fibers	6.9 g
Protein	12.8 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

Example Company

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