

# Organic quinoa red

**Designation:** quinoa red

**Description:** Quinoa belongs to the pseudo cereals and is prepared accordingly similar to cereals. Its crispy fresh aroma complements exotic vegetable dishes, casseroles, stews or even roasts - an insider tip for superfood connoisseurs and an excellent culinary enrichment.

**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.

**Ingridients:** quinoa red\*

\* from controlled organic cultivation

**Raw food:** No

**Fairtrade:** No

**Gluten-free:** No

**Vegan:** Yes

**Superfood:** Yes

**Naturally gluten-free:** Yes

**Plastic-free:** No

**Organic:** Yes

**Value Pack:** No

**ECO Control Point:** DE-ÖKO-003

[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

Example Company

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