

# Organic red quinoa 6x500g

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