

Quinoa White organic 1kg

Designation: Quinoa weiß

Description: Organic quinoa is a versatile and nutritious pseudo-cereal and is therefore naturally gluten-free. This super food, also known as "gold of the Incas", originally comes from South America, where it has been cultivated and valued for thousands of years. Thanks to its adaptability to different growing conditions, it is also increasingly being cultivated in Europe. With its mild, nutty flavour and light texture, quinoa is a welcome change from conventional grains and is becoming increasingly popular in modern cuisine. It is easy to prepare and a delicious addition to any meal. Quinoa is a good source of protein and rich in fibre, making it an excellent ingredient for vegetarian and vegan dishes. Organic quinoa is particularly versatile and can be used as a side dish, in salads, soups, stews and for baking. It is also a great idea for breakfast in muesli and porridge with fresh fruit and nuts

Preparation: Place 1 cup of quinoa in a sieve and rinse. Bring 2 cups of salted water or vegetable stock to the boil, sprinkle in the quinoa, bring to the boil briefly and cook over a reduced heat for approx. 15 minutes. Can be used as a versatile side dish, in soups and stews, for fillings and warm breakfast ideas

Ingridients: quinoa white*

* 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: Yes

ECO Control Point: DE-ÖKO-003

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	1528 kj
Calorific value kcal	365 kcal
Fat	5.9 g
Of which saturated fatty acids	0.5 g
Carbohydrates	62.4 g
Of which sugar	1.8 g
Fibers	6.9 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