

White Quinoa

Nutrition Facts	
Valeur nutritive	
Serving Size 170 g	
Amount Per Serving	
Calories 626	Calories from Fat 93
	% Daily Value * % valeur quotidienne
Total Fat / Lipides 10 g	16%
Saturated / saturés 1 g + Trans / trans 0 g	6%
Cholesterol / Cholestérol 0 mg	0%
Sodium / Sodium 9 mg	0%
Carbohydrates / Glucides 109 g	36%
Dietary Fiber 12 g	48%
Sugar / Sucres 0 g	
Protein / Protéines 24 g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium	8%
Iron / Fer	43%