

SHAH TRADING COMPANY
 Canadian Nutritional Fact Table
 2014

Product: Quinoa

Nutrition Facts	
Valeur nutritive	
Per 1/4 cup (45 g) / Par 1/4 tasse (45 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 150	
Fat / Lipides 2.5 g	4 %
Saturated / saturé 0.3 g	2 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Carbohydrate / Glucides 30 g	10 %
Fibre / Fibres 1 g	4 %
Sugars / Sucres 0 g	
Protein / Protéine 6 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	25 %

Ingredients: Quinoa

Allergen Warning!

Contains: -----n/a

Reference: Calculated NFT Values based on Reference:AllSur WQ Tech Ver 02-2014 and USDA Nutrient Database - # 20035