

Økologisk quinoa rød

Quinoa regnes for et pseudokorn og tilberedes tilsvarende ligesom korn. Dens knækkede friske aroma supplerer eksotiske grøntsagsretter, ovnbakke, gryderetter eller endda bradboller - en hemmelig tip til superfood-kendere og en fremragende kulinarisk berigelse.

[Produkt](#)

Nutritional values

Unprepared per 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

Allergens

Gluten-containing cereal	No
Chicken egg	No
Peanuts	No
Milk	No
Celery	No
Sesame seeds	No
Lupines	No
Crustaceans	No
Fish	No
Soy	No
Nuts	No
Mustard	No
Sulfur dioxide and sulphite	No
Molluscs	No
Cashews	No
Spelt	No
Barley	No
Oat	No
Hybrid Strains	No
Kamut	No
Macadamia	No
Almonds	No
Brazil Nuts	No

Pecans	No
Pistachios	No
Rye	No
Hazelnuts	No
Sesame	No
Walnuts	No
Wheat	No