Nutritional Facts

Serving Size 1/4 Cup (42g)

Amount Per Serving	
Calories 155	Calories from Fat 12
	% Daily Values*
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 29g	10%
Dietary Fiber 3g	12%
Sugars 0g	
Protein 6g	14%

Vitamin A 0%	•	Vitamin C 0%
Calcium 0%	•	Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Product of Mexico & Packed in USA

Net Wt. 3.2 oz (90.70g)

INGREDIENTS:

All natural quinoa seeds.