

## Nutrition Facts Of Quinoa Based On 1 Cup Serving



### Nutrition Facts

Serving Size 185 g

#### Amount Per Serving

Calories 222      Calories from Fat 32

#### % Daily Value\*

**Total Fat** 4g      5%

Saturated Fat      0%

Trans Fat

**Cholesterol** 0mg      0%

**Sodium** 13mg      1%

**Total Carbohydrate** 39g      13%

Dietary Fiber 5g      21%

Sugars

**Protein** 8g

Vitamin A      0% • Vitamin C      0%

Calcium      3% • Iron      15%

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