



Organic White Quinoa

SPEC SHEET



Scientific name : Chenopodium quinua,

Family : Chenopodiaceae

Common names: Quinoa, Quínoa, Arrocillo, trigo Inca, Kiuna(Quechua), Jiura (aymará), Quinhua (mapuche), Suba, Pasca (muisca).

The real 'Mother Grain' of our Peruvian Andes, is naturally grown on small family plots at over 12,000 feet in the Andes Mountains. These grains were the staple food of Inca Empire and it is known that **quinoa** initiated cultivation as far as more than 5,000 years ago in our Andean Mountains. Since the product is organic, this type of quinoa is harvested in 100% certified organic soils which are classified and selected according to producers with assessment of BIOLATINA, company in charge of giving certifications.

The **quinoa** seed is high in protein, calcium, magnesium, potassium and iron, a relatively good source of vitamin E and several of the B vitamins. It is famous because it contains a perfect balance of all eight essential amino acids needed for tissue development in humans. The protein quality and quantity in **quinoa** is superior to those of more common cereal and it is higher in lysine than wheat.

Washed, desaponified and scarified.

Organoleptic

Sizes: **STD about 1, 5 mm grain diameter.**

Color: **light color, slightly yellow.**

Scent: **Organic white Quinoa typical scent.**

Flavor: **Organic white Quinoa typical flavor.**

Physical-Chemical

Humidity (%) Max 11 -11.5 -12 %

Contrast varieties : <0.5%

Impurities and others : <0.05%

Protein (%) >10

Fat (%) Min 5.0

Ashes (%) Max 3.5

Fiber (%) Min 3.0

Carbohydrates (%) Min 60

Saponin (mg/100 g) Absence

Foreign particles (%) 0.01

Microbiological

Numbering of total coliform (NMP/g) <10

Numbering of E. coli (NMP/g) <10

Mould and yeast recount (UFC/g) <10⁴

Detection of salmonella in 25g **Absence**

MAIN COMPONENTS

(Composition in 100 gr. of eatable portion)

Energy (Kcal.) 370 380 409

Water 10.1 10.1 10.1

Protein 14.4 15.5 16.4

Fat 5.2 7.4 7.8

Carbohydrates 67.8 62.5 68.4

Dietary Fiber 6.5 3.2 2.9

Ash 3.5 2.7 2.7

Minerals (mg)

Calcium (Ca) 120 125 122

Phosphorus (P) 220 210 200

Iron (Fe) 5.0 5.6 6.2

Vitamins (mg)

Retinol / Vit A - - -

Thiamin / Vitamin B1 0.13 0.15 0.13

Riboflavin / Vitamin B2 0.38 0.35 0.38

Niacin 1.1 1.3 1.3

Vitamin C

LIFETIME

Approximately 24 months in dry, cool and dark storage "at temperatures of 2 to 6 degrees Celsius and RH 50-70"

STORAGE CONDITIONS

Indoor, ventilated, dry environment (temperature of 18°C)

Presentations

Trifoliate Kraft paper bags of 25, 50 kgs.