



1875 Lawrence St.
Denver, CO 80202
800-851-9618

CONV GF WHOLE NA GOLD QUINOA FLAKE

Item Number: 5166858 (25 lb) 5166059 (50 lb)

Great Plains Quinoa Flakes

Description: Conventional Gluten Free Whole North American Golden Quinoa Flake is the food prepared by cleaning, par-cooking and flaking (rolling) of whole quinoa. The product is produced in accordance with good manufacturing practices and all applicable FDA regulations as amended.

Chemical

Moisture	12.0% max	AACC or AOAC approved
Gluten	< 20 ppm	ELISA, AACC or AOAC approved

Physical

Color	Tan/beige.
Density - Typical	45-65

Ingredients: Whole Quinoa Seed.

Gluten Statement: Quinoa is a Gluten Free Food.

Storage: Store in a clean, dry and well-ventilated area away from strong odors. Product stored longer than 30 days should be inspected at regular intervals. Recommended storage conditions are <75 degrees F and <50% relative humidity.

Food Safety: This item is not ready-to-eat and must be thoroughly cooked before eating to prevent illness from bacteria. Do not eat or play with raw seeds, groats, berries, flakes, flour, batter or dough; wash hands, utensils, and surfaces after handling.

Shelf Life: 12 months or 365 days at recommended storage conditions and good sanitary practices.

Packing: Available in 25-lb. and 50-lb. multi-wall paper bags. Each bag is identified with a unique label and lot code.

Kosher Certification: Parve, KOF-K Kosher Supervision

Country Of Origin: **Manufacture:** Processed in Saskatoon, SK Canada

Ingredient: Ingredient Source – Canada

Nutritional Information (100g basis):

Calories (kCal)	368.00	Sugars (g)	2.670	Niacin (mg)	1.520
Total Fat (g)	6.070	Added Sugars (g)	0.000	Folic Acid (added)	0.000
Saturated Fat (g)	0.706	Protein (g)	14.120	Folate (Food)	184.000
Monounsaturated Fat (g)	1.613	Ash (g)	2.380	Sodium (mg)	5.000
Polyunsaturated Fat (g)	3.292	Water (g)	13.280	Potassium (mg)	563.000
Trans Fat (g)	0.000	Vitamin A (IU)	14.000	Calcium (mg)	47.000
Cholesterol (mg)	0.000	Vitamin A (MCG)	1.000	Iron (mg)	4.570
Total Carbohydrates (g)	64.160	Vitamin C (mg)	0.000	Vitamin D (mcg)	0.000
Dietary Fiber (g)	7.000	Thiamin (mg)	0.360		
Soluble Fiber (g)	0.000	Riboflavin (mg)	0.318		

Source: Source: Ardent Mills and U.S. Department of Agriculture, Agricultural Research Service. 2018. USDA National Nutrient Database for Standard Reference, Release 28. Nutrient Data Laboratory.

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