



# FOODSERVICE



## KOREAN BBQ QUINOA



### Nutrition Facts

Serving Size: 1 cup (142g)/Servings  
About 8 per bag  
About 48 per container

Amount Per Serving		
Calories	230	Calories from Fat 60
		% Daily Value*
<b>Total Fat</b>	7g	11%
Saturated Fat	1g	5%
Trans Fat	0g	
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	400mg	17%
<b>Total Carbohydrate</b>	37g	12%
Dietary Fiber	3g	12%
Sugars	3g	
<b>Protein</b>	6g	

Vitamin A	8%	Vitamin C	15%
Calcium	2%	Iron	15%

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

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS** | Cooked Brown Rice, Cooked White Quinoa, Cooked Red Quinoa, Cooked Green Garbanzos, Yellow Squash, Red Bell Pepper, Korean BBQ Seasoning (Sea Salt, Sugar, Maltodextrin, Soy Sauce Powder [Soy Sauce {Soybeans, Salt}, Maltodextrin, Salt], Garlic Powder, Rice Flour, Onion Powder, Molasses Powder [Refinery Syrup, Cane Molasses], Spices, Yeast Extract, Toasted Sesame Seed Oil, Caramel Color, Citric Acid, Natural Smoke Flavor, Silicon Dioxide [Anticaking]), Extra Virgin Olive Oil, Garlic.

**CONTAINS** | Soy.

### WEIGHT

2.5 lbs per bag | 15 lbs per case

### CASE PACK

6

### PREPARATION

Microwave/Stovetop

### CASES PER PALLET

100

### NEW WEIGHT PER PALLET

1500 lbs

### TI/HI

10x10

### STORAGE

Shelf Life 12 Months

Storage Method Frozen

### PRODUCED IN AN SQF LEVEL 3 FACILITY



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