

Full Report (All Nutrients) 45203233, ORGANIC QUINOA & KALE WITH GARLIC, OLIVE OIL, AND SEA SALT, UPC: 855229005141

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Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer Harvest Food Group, Inc.

Nutrient	Unit	Data points	Std. Error	0.5 POUCH 142g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	180	127
Protein	g	--	--	6.01	4.23
Total lipid (fat)	g	--	--	6.01	4.23
Carbohydrate, by difference	g	--	--	24.00	16.90
Fiber, total dietary	g	--	--	2.0	1.4
Sugars, total	g	--	--	0.00	0.00
Minerals					
Calcium, Ca	mg	--	--	80	56
Iron, Fe	mg	--	--	3.61	2.54
Sodium, Na	mg	--	--	400	282
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	8.9	6.3
Vitamin A, IU	IU	--	--	3000	2113
Lipids					
Fatty acids, total saturated	g	--	--	0.994	0.700
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	0	0

Amino Acids
Other
Ingredients

ORGANIC WHITE QUINOA, ORGANIC KALE, ORGANIC RED QUINOA, ORGANIC GARLIC, ORGANIC EXTRA VIRGIN OLIVE OIL, SEA SALT, ORGANIC BLACK PEPPER. *Date Available: 02/17/2018*
Date Last Updated by Company: 02/17/2018