URCO HUASI FARMS

Discover Our Products

ORGANIC QUINOA

Nutrition Facts/ Datos de Nutrición

About 11 servings per container/aproximadamente 11 porciones por envase
Serving size/Tamaño por porción (1/4 cup/taza) 45g

Amount Per Serving/Cantidad por Porción
Calories/Calorías 170

	% Daily Value*/ % Valor Diario*
Total Fat/Grasa Total 3g	4%
Saturated Fat/Grasa Saturada 0.5 g	3%
Trans Fats/Grasas Trans 0 g	
Cholesterol/Colesterol 0 mg	0%
Sodium/Sodio 10 mg	0%
Total Carbohydrate/Carbohidratos 31 g	11%
Dietary Fiber/Fibra Alimentaria 3 g	11%
Total Sugars/Azúcares Totales 2 g	
Includes 0g Added Sugars	
Incluye 0g de azucar añadido	0%
Protein/Proteína 5 g	10%

Vitamin D/Vitamina D 0 mcg/0% • Potassium/Potasio 320 mg/6%
Calcium/Calcio 90 mg/6% • Iron/Hierro 2.5 mg/15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
El % Valor Diario (VD) le indica cuánto un nutriente en una porción de alimentos contribuye a una dieta diaria. 2.000 calorías al día se utiliza para asesoramiento de nutrición general.

Ingredients: Organic quinoa

Packaging: Packages with resealable zipper 17.6 oz. (500g)
Packing: 12 units per master case / Shelf life: 24 months

7 862122 330136

ORGANIC QUINOA FLOUR

Nutrition Facts/ Datos de Nutrición

About 11 servings per container/aproximadamente 11 porciones por envase
Serving size/Tamaño por porción (1/4 cup/taza) 45g

Amount Per Serving/Cantidad por Porción
Calories/Calorías 170

	% Daily Value*/ % Valor Diario*
Total Fat/Grasa Total 3g	4%
Saturated Fat/Grasa Saturada 0.5 g	3%
Trans Fats/Grasas Trans 0 g	
Cholesterol/Colesterol 0 mg	0%
Sodium/Sodio 10 mg	0%
Total Carbohydrate/Carbohidratos 31 g	11%
Dietary Fiber/Fibra Alimentaria 3 g	11%
Total Sugars/Azúcares Totales 2 g	
Includes 0g Added Sugars	
Incluye 0g de azucar añadido	0%
Protein/Proteína 5 g	10%

Vitamin C/Vitamina C 0 mg/0% • Potassium/Potasio 306 mg/6%
Calcium/Calcio 76 mg/6% • Iron/Hierro 2.8 mg/15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
El % Valor Diario (VD) le indica cuánto un nutriente en una porción de alimentos contribuye a una dieta diaria. 2.000 calorías al día se utiliza para asesoramiento de nutrición general.

Ingredients: Organic quinoa flour

Packaging: Packages with resealable zipper 17.6 oz. (500g)
Packing: 10 units per master case / Shelf life: 18 months

7 862122 330143

QUINOA MIX DESSERT

Packaging: Boxes of 12 oz. (350g) / Packing: 16 units per master case / Shelf life: 12 months

Nutrition Facts

About 12 servings per container
Serving size 1/4 cup (30g)

Amount Per Serving
Calories 120

	% Daily Value*
Total Fat 3g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 21g	8%
Dietary Fiber 1g	4%
Total Sugars 10g	
Includes 8g Added Sugars	18%
Protein 3g	6%
Vitamin D 0.2mcg	0%
Calcium 40mg	4%
Iron 0.2mg	2%
Potassium 60mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Organic quinoa flour, brown cane sugar, organic chocolate chips 50% cocoa *(organic cocoa mass organic cane sugar, organic cocoa butter, organic sunflower lecithin)*, baking powder and salt.

7 862122 330709

Nutrition Facts

About 12 servings per container
Serving size 1/4 cup (30g)

Amount Per Serving
Calories 100

	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 21g	8%
Dietary Fiber 2g	7%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 2g	4%
Vitamin D 0.2mcg	0%
Calcium 40mg	4%
Iron 0.2mg	2%
Potassium 60mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Quinoa flour, dehydrated cranberry, brown cane sugar, baking powder, cinnamon, salt.

7 862122 330723

Nutrition Facts

About 12 servings per container
Serving size 1/4 cup (30g)

Amount Per Serving
Calories 130

	% Daily Value*
Total Fat 4g	5%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	7%
Total Sugars 15g	
Includes 14g Added Sugars	28%
Protein 3g	6%
Vitamin D 0.1mcg	0%
Calcium 40mg	4%
Iron 0.6mg	4%
Potassium 170mg	4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Organic quinoa flour, brown cane sugar, organic chocolate chips 50% cocoa *(organic cocoa mass, organic cane sugar, organic cocoa butter, organic sunflower lecithin)*, organic cocoa powder, organic coconut sugar, baking powder and salt.

7 862122 330716

Nutrition Facts

about 12 servings per container
1/4 cup mix
Serving size (2 pancakes) (30g)

Amount Per Serving
Calories 110

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 19g	7%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 4g	8%
Vitamin D 0.2mcg	0%
Calcium 50mg	4%
Iron 0.7mg	4%
Potassium 60mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Organic quinoa flour, baking powder, salt, organic ground ishpink (amazonic cinnamon).

7 862122 330730

QUINOA MIX BREAKFAST

Packaging: Boxes of 6 oz. (170g) / Packing: 24 units per master case / Shelf life: 12 months

Nutrition Facts	
4 servings per container	
Serving size	1/4 cup (45g)
Amount Per Serving	
Calories	160
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 31g	11%
Dietary Fiber 4g	14%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 4g	8%
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 2.5mg	15%
Potassium 260mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Organic quinoa, dehydrated apple, organic ground ishpink (amazonic cinnamon), salt and clove powder.

7 862122 330273

Nutrition Facts	
4 servings per container	
Serving size	1/4 cup (45g)
Amount Per Serving	
Calories	160
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 31g	11%
Dietary Fiber 4g	14%
Total Sugars 7g	
Includes 2g Added Sugars	4%
Protein 4g	8%
Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 2.4mg	15%
Potassium 230mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Organic quinoa, dehydrated apple, raisins, dehydrated carrot, brown cane sugar, organic ground ishpink (amazonic cinnamon), ground nutmeg and salt.

7 862122 330280

Nutrition Facts	
4 servings per container	
Serving size	1/4 cup (45g)
Amount Per Serving	
Calories	170
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 31g	11%
Dietary Fiber 4g	14%
Total Sugars 9g	
Includes 5g Added Sugars	10%
Protein 4g	8%
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 2.5mg	15%
Potassium 280mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Organic quinoa, dehydrated strawberries, brown cane sugar, organic cocoa powder and salt.

7 862122 330303

Nutrition Facts	
4 servings per container	
Serving size	1/4 cup (45g)
Amount Per Serving	
Calories	170
	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 32g	12%
Dietary Fiber 4g	14%
Total Sugars 10g	
Includes 7g Added Sugars	14%
Protein 4g	8%
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 2.3mg	15%
Potassium 190mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Organic quinoa, brown cane sugar, organic ground ishpink (amazonic cinnamon), organic dehydrated and ground ginger, salt, cardamom and clove powder.

7 862122 330297

QUINOA CRUMBS

Packaging: Boxes of 6 oz. (170g) / Packing: 24 units per master case / Shelf life: 12 months

Nutrition Facts	
About 6 servings per container	
Serving size	1/4 cup (30g)
Amount Per Serving	
Calories	110
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 125mg	6%
Total Carbohydrate 19g	7%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 5g	10%
Vitamin D 1.2mcg	6%
Calcium 4mg	0%
Iron 2.1mg	10%
Potassium 110mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Organic quinoa flour, dehydrated orange zest, onion powder, organic garlic powder, salt, dehydrated lemon zest, organic dried parsley, organic ground cilantro, black pepper and organic dried thyme.

7 862122 330457

Nutrition Facts	
About 6 servings per container	
Serving size	1/4 cup (30g)
Amount Per Serving	
Calories	110
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 19g	7%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 4g	8%
Vitamin D 1.1mcg	6%
Calcium 4mg	0%
Iron 1.9mg	10%
Potassium 130mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Organic quinoa flour, organic garlic powder, salt, organic dried rosemary, organic dried oregano, organic dried thyme, organic dried basil, black pepper and bay leaf powder.

7 862122 330464

Nutrition Facts	
About 6 servings per container	
Serving size	1/4 cup (30g)
Amount Per Serving	
Calories	110
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	7%
Total Carbohydrate 19g	7%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 5g	10%
Vitamin D 1.2mcg	6%
Calcium 5mg	0%
Iron 1.7mg	10%
Potassium 140mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Organic quinoa flour, tomato powder, organic garlic powder, onion powder, paprika powder, salt, organic dried oregano, bay leaf powder, organic dried rosemary and black pepper.

7 862122 330471

QUINOA MIX QUINOTTO

Packaging: Boxes of 6 oz. (170g) / Packing: 24 units per master case / Shelf life: 18 months

Nutrition Facts
4 servings per container

Serving size	1/4 cup (45g)
Amount Per Serving Calories	170
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 2g	
Cholesterol 0mg	0%
Sodium 220mg	10%
Total Carbohydrate 28g	10%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 5g	12%
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 2.5mg	15%
Potassium 380mg	8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Organic quinoa, organic dried mushrooms, salt, onion powder, organic garlic powder, ground cumin, black pepper and ground nutmeg.

7 862122 330358

Nutrition Facts
4 servings per container

Serving size	1/4 cup (45g)
Amount Per Serving Calories	170
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 29g	11%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 6g	12%
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 2.7mg	15%
Potassium 280mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Organic quinoa, dehydrated tomato, onion powder, salt, organic dried basil, organic garlic powder, paprika powder, ground nutmeg and organic annatto powder.

7 862122 330365

Nutrition Facts
4 servings per container

Serving size	1/4 cup (45g)
Amount Per Serving Calories	160
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	11%
Total Carbohydrate 28g	11%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 5g	10%
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 2.5mg	15%
Potassium 320mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Organic quinoa, salt, organic annato powder,, organic chilli flakes, onion powder, paprika powder, organic garlic powder and ground cumin.

7 862122 330389

Nutrition Facts
4 servings per container

Serving size	1/4 cup (45g)
Amount Per Serving Calories	180
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 2g	10%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 27g	10%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 5g	12%
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 2.6mg	15%
Potassium 380mg	8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Organic quinoa, dried pineapple, dried and grated coconut, almonds, salt, organic garlic powder, onion powder, curry powder, organic dehydrated and ground ginger and bay leaf powder.

7 862122 330372

Grown in Harmony with Nature

Manufactured by:
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Tabacundo - Ecuador
urcohuasifarms

Certified Organic by:
KIWA BCS ÖKO Garantie GmbH.

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NON GMO Project VERIFIED nongmoproject.org

Certified GF Gluten-Free

USDA ORGANIC

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