

Gluten-Free!



urbāne[®]
GRAIN

QUINOA

Whole Grain Blend

CRACKED BLACK PEPPER & SEA SALT

All Natural • Restaurant Quality

Net Wt 4oz (113g)

Nutrition Facts

Serving Size 1/3 cup dry (50g)
Servings Per Container about 2.5

Amount Per Serving

Calories 180 **Calories from Fat 15**

	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 490mg	20%
Total Carbohydrate 34g	11%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 5g	

Vitamin A 0% • Vitamin C 0%
Calcium 2% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie 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: Parboiled Brown Rice, Quinoa, Millet, Autolyzed Yeast, Sea Salt, Black Pepper, Herbs*

*Dehydrated