

Quinoa, Pecan & Raisins

Nutrition Facts Serving Size: 0.5 cup (169.51g), Servings Per Container: 1, Amount Per Serving: **Calories** 170, Calories from Fat 50, **Total Fat** 5g (8% DV), Saturated Fat 0.5g (3% DV), *Trans* Fat 0g, **Cholesterol** 0mg (0% DV), **Sodium** 20mg (1% DV), **Total Carbohydrate** 28g (9% DV), Dietary Fiber 3g (12% DV), Sugars 5g, **Protein** 4g, Vitamin A (15% DV), Vitamin C (6% DV), Calcium (4% DV), Iron (15% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Ingredients: Tap Water; Quinoa, Dry; Celery, Diced; Raisins, Seedless; Lemon Juice; Carrots, Grated; Pecans; Scallions, Green or Spring Onions; Vinegar, red wine; Sesame Oil; Coriander (cilantro); Black Pepper

