

# Nutrition Facts

Serving Size  
0.5 cup

Calories  
per serving **80**

Amount/serving	% DV	Amount/serving	% DV
<b>Total Fat</b> 1g	<b>1%</b>	<b>Total Carb.</b> 14g	<b>5%</b>
Saturated Fat 0g	<b>0%</b>	Fiber 0g	<b>0%</b>
<i>Trans Fat</i> 0g		Total Sugars 1g	
<b>Cholesterol</b> 0mg	<b>0%</b>	Incl.0g Added Sugars	<b>0%</b>
<b>Sodium</b> 35mg	<b>2%</b>	<b>Protein</b> 0g	

Vitamin D 0% · Calcium 0% · Iron 0% · Potassium 0%

Garlic & Herb Quinoa

Ingredients: water, white quinoa, yellow onion, low sodium vegetable base, garlic, parsley, lemon juice, thyme, black pepper, rosemary, chives, bay leaf