Nutrition Facts

Serving Size
0.5 cup

Calories per serving **170**

Amount/serving	% DV
Total Fat 4g	**5%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 200mg	**9%**

Amount/serving	% DV
Total Carb. 28g	**10%**
Fiber 2g	**5%**
Total Sugars 4g	
Incl.0g Added Sugars	**0%**
Protein 3g	

Vitamin D 0% · Calcium 0% · Iron 2% · Potassium 4%

Cherry Hazelnut Quinoa Pilaf

Ingredients: water, white quinoa, wild rice, dried cherries, hazelnut whole roasted nut, shallots, low sodium vegetable base, parsley, garlic, kosher salt, black pepper