

# Nutrition Facts

Serving Size  
0.5 cup

Calories  
per serving **80**

Amount/serving

% DV

Total Fat 1g

1%

Saturated Fat 0g

0%

*Trans Fat* 0g

Cholesterol 0mg

0%

Sodium 65mg

3%

Amount/serving

% DV

Total Carb. 14g

5%

Fiber 0g

0%

Total Sugars 1g

Incl.0g Added Sugars

0%

Protein 0g

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

Quinoa Pilaf

Ingredients: water, white quinoa, roasted red pepper, yellow onion, low sodium vegetable base, garlic, lemon juice, parsley, thyme, black pepper