

Nutrition Facts

Serving Size
1/2 cup

Calories
per serving **80**

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