

## Organic Quinoa Flour



### What is Organic Quinoa Flour

Organic quinoa flour is processed from organic quinoa. The Quinoa provides protein, dietary fiber, B vitamins, and dietary minerals in rich amounts above those of wheat, corn, rice, or oats. It is gluten-free. Quinoa originated in the Andean region of northwestern South America, and was domesticated 3,000 to 4,000 years ago for human consumption in the Lake Titicaca basin of Peru and Bolivia, the Quinoa was introduced into China at the end of the last century, China has cultivated 9000 hectares of quinoa by 2017, which mainly planted in Hebei, Qinghai, Shanxi, Yunnan, etc provinces. Nutritional evaluations indicate that a 100 g serving of quinoa flour is a rich source (20% or higher of the Daily Value, DV) of protein, dietary fiber, several B vitamins, including 46% DV for folate, and dietary minerals. After cooking, which is the typical preparation for eating, quinoa is 72% water, 21% carbohydrates, 4% protein, and 2% fat. In a 100 g serving, cooked quinoa provides 120 calories and is an excellent source of manganese and phosphorus (30% and 22% DV, respectively), and a moderate source (10-19% DV) of dietary fiber, folate, and the dietary minerals, iron, zinc, and magnesium.

## Specification

PRODUCT NAME	ORGANIC QUINOA FLOUR
Technical Specifications	
Appearance	Homogeneous powder, free from foreign particles
Color	Beige
Odor	Characteristics of the Product
Humidity	Maximum10%
Ash	Maximum5.25
Microbiological Analysis	
Aerobic Mesophilic Count	$\leq 10^4$ Ufc/G
Mould Count	$\leq 10^2$ Ufc/G
Bacillus cereus	$\leq 10^2$ Ufc/G
Salmonella sp.	Ausente/25
Coliformes	$\leq 10$ Ufc/G
Composition	Quantity
Protein	13.0g
Fat	6.10g
Ash	3.06g
Iron	5.20mg
Carbohydrates	71.0g
Calories	370.0Kcal
Calcium	0.12mg
Phosphorous	0.36mg

Fiber	3.4g
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## Applications

[Quinoa flour](#) can be either uncooked or roasted. It is commonly used in a 15 to 20 percent blend with wheat flour in desserts, bread, biscuits, and pancakes. Several studies examined quinoa-wheat flour blends in bread, cakes, and cookies. It was concluded that bread made with 5 and 10 percent quinoa flour to be of good quality while baked goods in which greater amounts of quinoa flour were used resulted in bread with a decreased loaf volume, more open crumb grain, and a slightly harsher texture. At 30 percent, there was a bitter aftertaste. Cake tests found the quality “acceptable” when quinoa flour was used up to 10 percent in the flour. In cookies, the flavor improved when blends of up to 20 percent were added. The spread and appearance improved with the addition of 2 percent lecithin.

## Packing



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