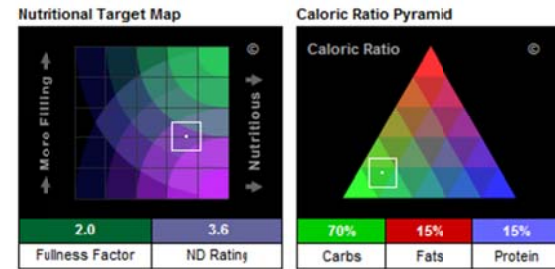


Source: Nutrient data for this listing was provided by USDA SR-21. Each "~" indicates a missing or incomplete value.

Percent Daily Values (%DV) are for adults or children aged 4 or older, and are based on a 2,000 calorie reference diet. Your daily values may be higher or lower based on your individual needs.

Quinoa



In the above charts we can compare the nutritional data from Quinoa and Granola. As we can see Quinoa is the NEW SUPER FOOD on the block. Quinoa surpasses Granola as a more complete nutritional balance food while have lower calories, higher proteins and less fats.

You make the choice.

Granola

