

QUINUA REAL

QUINOA REAL, because of its nutritive importance, is one of the main source of PROTEINS with 12.5 a 15%, as average and can be compared with other food such as milk, meat, eggs and others.

QUINOA REAL, characterizes itself, more than the quantity, for the quality of its proteins given by the essential amino acids such as: isoleucine leucine, lysine, metionine, fenilalanine, treonine, triftófane y valine. Concentration of lysine in the protein of the quinoa is almost twice in comparison to the cereals and minerals.

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In addition of the B Complex Vitamins, it contains C and E vitamins, tiamine, riboflavine and a high content of minerals such as phosphorus, potassium, magnesium and y calcium among others.

Those who, because of some reasons that cannot have milk and dairy products can find in the quinoa the ideal substitute of calcium.

IT DOES NOT CONTENT CHOLESTEROL, IT DOES NOW ALLOW TO KEEP FAT IN THE BODY, DUE TO THE PRESENCE OF NON-SATURATED OLIC ACIDS IS PRACTICALLY ZERO. IT MAKES DIGESTION EASIE



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