SPEC QUINOA

(CHENOPODIUM QUINOA WILLD.)

CV. PUNO

QUINOA QUALITY APS
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Technical specs

Seed weight, mg	Seed colour	Flower colour	Type	Growth duration, days
2.4	Yellow	White	Bitter	120-150

Saponin (1-10, 10 highest)	Stress tolerance	Packaging	Storage	Additional information
6	Drought, salinity, frost	10 and 20 kg	Cool and dry	Resistant to downy mildew

Nutritional value

Quinoa has a high oil content (6% compared to 2% in cereals), and a high content of poly-unsaturated fatty acids (omegas). It has a high protein content (14-18%), including a high lysine- and methione content (double of cereals). Quinoa has also a high iron content, 50% more than in cereals, and higher than any other crop. Vikinga can be consumed as whole grain, or integral, and therefore it contains dietary fibers.

Nutrients pr. 100g	
Energy 1500 kJ /370 kcal	
Fat	5 g
- Incl saturated fatty acids	0,54 g
Carbohydrate	63,4 g
- Incl sugar	3,6 g
Dietary fiber	8,4 g
Protein	12 g
Salt	0,04 g
Iron	4,7 mg

Cultivation instruction

Climate zone	Europe (n to s), Asia, Africa, South America
Soil type	Sandy-loamy
Establishment	Clean, humid seedbed
Seed bed	Clean and humid
Sowing conditions	High quality seed
Sowing date	Early in spring
Row spacing	25-50 cm
Sowing rate	10 kg/ha
Weed control	Mechanical
Fertilizer	80 kg N, P and K dependent on soil
Diseases and pests	Downy mildew, black aphids
Harvest	Direct combining
Yield	1-2.5 t/ha
Post harvest	Dry immediately after harvest, clean, dehull

USES

Quinoa has many uses, either as simple products like grains, flour and flakes, but also delicious foods like salads, müsli, burgers, torrejas, cakes, porridge to go, and other things.

Focus is always taste, functionality and nutrition.

Jacobsen, S-E. 2020. Puno spec. From www.quinoaquality.com, 4 p.

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