

## PRODUCT INFORMATION

See also [www.organic.nl](http://www.organic.nl)

<b>Product</b>	<b>Organic Fonio</b>
<b>Code</b>	<b>10196</b>
<b>Country of agricultural origin</b>	<b>Burkina Faso</b>
<b>Country of last processing</b>	<b>Burkina Faso</b>
<b>Last update</b>	<b>18-02-2021</b>
<b>This product is</b>	<b>Organic and not genetically modified or irradiated</b>

<b>Production</b>	
<b>Ingredients</b>	<b>Fonio</b>
<b>Additives</b>	<b>No additives</b>
<b>Process</b>	<b>The shelled organic fonio grains are freed of physical impurities by a series of cleaning and washing. The washed fonio is then wrung out and then steamed. This precooking not only improves the nutritional qualities but also destroys all forms of life in order to extend the shelf life of the product. Finally, the precooked fonio is dried in attesta gas dryers at a temperature of 70 to 75 ° for 4 to 6 hours. Metal detection is advised!</b>

<b>Sensorial properties</b>	
<b>Smell</b>	<b>Characteristic</b>
<b>Colour</b>	<b>Blanc</b>
<b>Taste</b>	<b>Characteristic</b>
<b>Appearance</b>	<b>Dry, hard grain, oval shaped</b>

<b>Packing</b>	
<b>Net content</b>	<b>20 kg</b>
<b>Kind of packing</b>	<b>Vacuum bag in box</b>
<b>Pieces per pallet</b>	<b>30</b>

<b>Shelf life</b>	
<b>Storage conditions</b>	<b>Dry and ventilated place</b>
<b>Minimum shelf life</b>	<b>24 months after production</b>

Nutritional values (per 100 gram)		(from supplier)
Energy	1359 KJ 325 Kcal	
Protein (g)	7.3	
Fat (g)	0.5	Saturated: 0.2
Carbohydrates (g)	76.8	Sugars: 0.6
Dietary fibre (g)	7.2	
Salt (g)	0.01	

Analytical properties	
Ash (%)	3
Moisture (%)	7 – 10
Size (mm)	Length: 1 Width: 0.5

Microbiological Properties	
Total plate count (cfu/g)	< 100.000
Yeast and Moulds (cfu/g)	< 10.000
Staph. Aureus (cfu/g)	< 100
E. Coli (cfu/g)	< 10
List. Monocytogenes (cfu/25g)	Absent
Salmonella (cfu/25g)	Absent

Allergy list (+ = present, - = absent and * = possible cross contamination)			
Cow's milk protein	-	Peanuts/groundnuts (-derivatives)	-
Lactose or milk sugar	-	Peanutoil	-
(Chicken) egg	-	Sesame	-
Soya protein (-derivatives)	-	Sesame-oil	-
Soya oil	-	Glutamate added E620-E625	-
Gluten	-	Sulfite E220-E228	-
Wheat	-	Benzoic acid/Parabens E210-E213	-
Rye	-	Azo-colours E102, E110, E122, E123, E124, E128, E129, E151, E154, E155	-
Beef (-derivatives)	-	Tartrazine E102	-
Pork (-derivatives)	-	Cinnamon	-
Chicken (-derivatives)	-	Vanillin	-
Fish	-	Coriander	-
Shell-fish	-	Celery	-
Corn /Maize (-derivatives)	-	Umbelliferae	-
Cocoa	-	Carrot	-
Yeast	-	Lupine	-
Pulses	-	Mustard	-
Nuts (-derivates)	-	Mollusc (- derivates )	-
Nut-oil	-		

Acceptable for:	
Vegetarians	Yes
Vegans	Yes
Lacto-vegetarians	Yes
Kosher-certified	No
Halal-certified	No
NOP-certified	No
Fairtrade IBD	No

Use	<p>Instead of any other grain, as breakfast cereal, couscous, in soup, in salads, in oven dishes, burgers, cookies etc.  <b>1 part fonio and 2 parts water pinch of salt</b>  <b>Cook for 3 minutes and let stand covered for 10 minutes or cook for 5 minutes. Fluff up with a fork.</b>  <b>Fonio can be roasted with some oil for 3 minutes, add the salted water in parts (like risotto). When all the water is absorbed cook for some more minutes. Fluff up with a fork.</b>  <b>Instead of water, broth, milk, almond milk etc.</b></p>
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