

TECHNICAL DATA SHEET

100% WHOLEGRAIN QUINOA FLAKES

Wholesome. Nutritious. Naturally Gluten Free.



1. PRODUCT DESCRIPTION

Wellmonk 100% Wholegrain Quinoa Flakes are made from premium quality quinoa grains. The grains are cleaned, washed, steam treated and roller flaked to produce light, nutritious flakes ideal for breakfast cereals, smoothies, baking and healthy recipes.

2. INGREDIENTS

100% Wholegrain Quinoa.
Nothing Else.

No additives, No preservatives,
No artificial colours or flavours.



3. ALLERGEN INFORMATION

Does not contain any of the major food allergens as per FSSAI Food Safety and Standards (Labelling & Display) Regulations, 2020.

Processed in a facility that handles cereals and seeds.
Gluten Free (<20 ppm)

4. ORIGIN

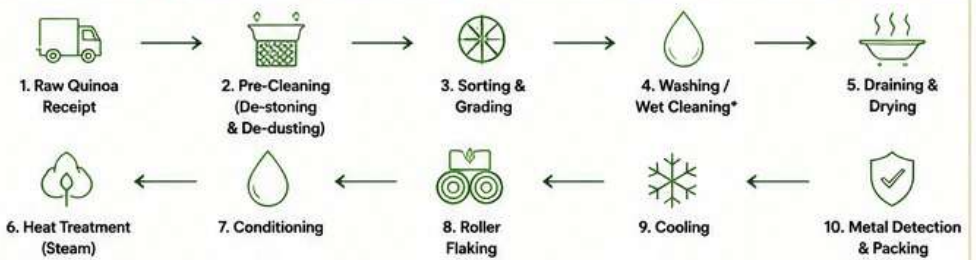
Country of Origin of Quinoa: Peru / Bolivia / India
(Packed in India)

5. NUTRITIONAL INFORMATION (Approx. Values)

Serving Size: 30 g Servings per pack: 10		
NUTRIENTS	PER 100 g	PER SERVE (30 g)
Energy (kcal)	374	112
Protein (g)	13.0	3.9
Carbohydrate (g)	62.0	18.6
Total Sugars (g)	1.6	0.5
Added Sugars (g)	0.0	0.0
Dietary Fibre (g)	3.6	1.1
Total Fat (g)	7.0	2.1
Saturated Fat (g)	1.0	0.3
Trans Fat (g)	0.0	0.0
Cholesterol (mg)	0.0	0.0
Sodium (mg)	12	4
Calcium (mg)	82	25
Iron (mg)	2.4	0.7

*Approximate values. Natural variations may occur.

6. PROCESS FLOW & SOP (YES, GRAINS ARE CLEANED & WASHED)



*Quinoa grains are washed with potable water or subjected to a validated de-saponification cleaning step to remove surface dust, foreign matter and saponin residues. Water is drained and grains are dried to the required moisture before flaking.

- Raw quinoa is received and quality checked.
- Pre-cleaned to remove stones, dust and foreign matter.
- Washed/wet cleaned to ensure removal of surface impurities and natural bitter saponins.
- Drained and dried (moisture adjusted for flaking).
- Steam treated for microbial safety and improved flaking quality.
- Conditioned and roller flaked to uniform flake thickness.
- Cooled, passed through metal detector and packed in food grade laminated pouches.
- All steps are performed under GMP and HACCP controlled environment.

7. PHYSICO-CHEMICAL PARAMETERS

PARAMETER	SPECIFICATION	METHOD
Moisture (%)	≤ 10.0	AOAC 925.10
Protein (%)	≥ 12.0	AOAC 991.20
Fat (%)	≥ 5.0	AOAC 930.15
Crude Fibre (%)	≥ 3.0	AOAC 978.10
Total Ash (%)	≤ 3.0	AOAC 942.05
pH (1% Solution)	6.0 – 7.5	AOAC 981.12
Water Activity (a _w)	≤ 0.60	AOAC 978.18

8. MICROBIOLOGICAL PARAMETERS

TEST	SPECIFICATION	METHOD
Total Plate Count (cfu/g)	≤ 10 ⁶	ISO 4833-1
Yeast & Mould (cfu/g)	≤ 10 ²	ISO 21527-2
E. coli (cfu/g)	Absent	ISO 16649-2
Salmonella (in 25 g)	Absent	ISO 6579-1
Staphylococcus aureus (cfu/g)	≤ 10 ²	ISO 6888-1
Bacillus cereus (cfu/g)	≤ 10 ²	ISO 7932

Note: Parameters as per FSSAI compliance and in-house specifications.

9. PACKAGING

Food grade laminated stand-up pouch with zipper.

Net Weight: 300 g
(Also available in other pack sizes)

Inner: Food grade pouch
Outer: Corrugated carton

Packaging is compliant with FSSAI Food Safety and Standards (Packaging) Regulations, 2018.

10. SHELF LIFE & STORAGE

Shelf Life: 12 months from date of manufacture.

Store in a cool, dry and hygienic place.
Keep away from moisture, direct Sun light and strong odour.

Once opened, transfer to an airtight container and consume within 30 days for best quality.

11. APPLICATIONS

- Quinoa Malt / Smoothies
- Breakfast Cereal
- Quinoa Nutribars
- Baking (Cookies, Cakes, Muffins)
- Porridge, Upma, Khichdi & other recipes

12. REGULATORY COMPLIANCE

- Manufactured as per FSSAI Food Safety and Standards Act, 2006 and regulations made thereunder.
- Compliant to FSSAI (Labelling & Display) Regulations, 2020.
- Compliant to FSSAI (Food Additives) Regulations, 2011.
- Product falls under Category: 6.3 (Breakfast Cereal) as per FSSAI.



13. QUALITY ASSURANCE

- ✓ Raw material inspection at source
- ✓ In-process quality control
- ✓ HACCP & GMP compliant facility
- ✓ Metal detection for every batch
- ✓ Finished product tested as per specifications



14. DECLARATION

We hereby declare that the product is 100% Wholegrain Quinoa Flakes with no addition of any artificial colours, flavours, preservatives, added sugar or salt.

100% Natural | Clean Label | Plant Based | Gluten Free



15. MANUFACTURED & MARKETING BY



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OUR CERTIFICATIONS



OUR BRANDS

