



# Quinoa

## beyond the hype



Quinoa (*Chenopodium quinoa* Willd.) is very rich in protein and other healthy ingredients and contains less starch than pasta, rice or potatoes. It is also gluten free and last but not least, quinoa is delicious and can be used in various food products like bread and crackers, but also in spreads, soups, bakery products, salads and breakfast cereals.

'Superfood' quinoa originates from South America, but since 1990 Wageningen University & Research has been working on the development of quinoa cultivars suitable for cultivation in Europe. Right now, Wageningen has developed three good, bitter-free varieties with variation in the colour of the seeds. One of the advantages of quinoa is its ability to grow well on saline soils, which from agricultural point of view is very interesting.

Wageningen also researches ways to extract proteins from the seeds and has produced a quinoa fractionation containing 28% proteins, which is 70-75% of the protein in quinoa seeds. Quinoa is starting more and more to find its way into the food industry and new applications for the quinoa seeds and proteins are being developed

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### Quinoa crackers

- 12% proteins
- Rich in folate (B9) and phosphor
- Source of fibers, vitamins B1/B6, iron, magnesium and zinc
- Low glycemic index
- Sustainable and local cultivation and production

