



DO-IT Food Ingredients BV
Hermesweg 7
3771 ND Barneveld
The Netherlands
www.doitorganic.com

Bank: Rabobank
Bank Account: 3431.22.596
IBAN:
NL82RABO0343122596
Swift-BIC: RABONL2U
VAT: NL 860149882B01

OrganicCert: NL-BIO-01
OrganicNr: Skal 108273
Telephone: +31 85 487 0487
Email: sales@organic.nl
CoC: 75119048

PRODUCT INFORMATION

See www.doitorganic.com

Product	Organic Fonio
Code	10196
Country of agricultural origin	Burkina Faso
Country of last processing	Burkina Faso
Last update	08-04-2024
This product is	Organic and not genetically modified or irradiated

Production	
Ingredients	Organic fonio
Additives	No additives
Process	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.

Sensorial properties	
Smell	Characteristic
Colour	Off white
Taste	Characteristic
Appearance	Dry, hard grain, oval shaped

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

Shelf life	
Storage conditions	Dry and ventilated place
Minimum shelf life	24 months after production



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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)	77	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



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Allergy list (+ = present, - = absent and * = possible cross contamination)			
Cow's milk protein	-	Walnut	-
Lactose or milk sugar	-	Cashew	-
(Chicken) egg	-	Pecan nut	-
Soya protein (-derivatives)	-	Brazil nut	-
Gluten	-	Macadamia or Queensland nut	-
Wheat	-	Pistachio nut	-
Peanuts/groundnuts (-derivatives)	-	Coconut	-
Sesame	-	Hickory nut or kola nut	-
Sesame-oil	-	Lichee nut	-
Celery	-	Pili nut	-
Mustard	-	Sheanut	-
Fish	-	Pine nut or pinon nut	-
Shellfish	-	Beech nut	-
Mollusc	-	Butternut	-
Lupine	-	Chestnut	-
Sulfite E220-E228	-	Ginko nut	-
Nuts (-derivates)	-	Chinquapin	-
Almond	-		-
Hazelnut	-		-

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.</p> <p>1 part fonio and 2 parts water pinch of salt Cook for 3 minutes and let stand covered for 10 minutes or cook for 5 minutes. Fluff up with a fork. 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. Instead of water, broth, milk, almond milk etc.</p>
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