**INTRODUCTION**

Quinoa (*Chenopodium quinoa* Willd.) is a plant originally from the Andean region of South America, which belongs to the family Amaranthaceae, with great adaptability to the climate.

**OBJECTIVE**

Collect and analyze available literature on the nutritional and functional properties of quinoa to provide information to the consumer, due to the fact there is a lot of untested information on the Internet.

**NUTRITIVE PROPERTIES**

- **PROTEINS**
  - Essential amino acids
- **CARBOHYDRATES**
  - Starch
- **VITAMINS AND MINERALS**
  - Vitamin B and C
  - Potassium, Magnesium, Calcium, and Iron
- **SAPONINS**
- **FAT**
  - Linoleic acid

**FUNCTIONAL PROPERTIES**

- **WATER AND OIL ABSORPTION CAPACITY**
- **GELATION**
- **SOLUBILITY**
- **EMULSION CAPACITY**
- **WATER-HOLDING CAPACITY**
- **FOAMING CAPACITY**
- **WATER AND OIL ABSORPTION CAPACITY**
- **GELATION**
- **SOLUBILITY**
- **EMULSION CAPACITY**
- **WATER-HOLDING CAPACITY**
- **FOAMING CAPACITY**

**CONCLUSIONS**

- Quinoa is a food that has very balanced nutritional properties.
- It contains essential amino acids.
- It is a source of riboflavin (vitamin B2), ascorbic acid (vitamin C), and minerals.
- It is a food suitable for celiac.
- The proteins and the quinoa starch allow to make different products thanks to their functional properties.