



306035S Cous Cous (Osprio)



Pack Size: 3KG BAG

Details: Made from steamed and dried durum wheat, couscous has become a popular alternative to rice and pasta. It has a light fluffy texture which is great served with meat, vegetables and spices.

Allergen Information

Contains:

Cereal, Gluten

Free from:

Celery, Crustaceans, Eggs, Fish, Peanuts, Lupin, Milk, Molluscs, Nuts, Sesame, Sulphur Dioxide

May contain:

Mustard, Soya

Suitable for:

Kosher, Vegetarians, Vegan

Handling Information

Directions For Use:

- Warm rehydratation: 5 to 10min
- Cold rehydratation: about 30min

Storage Instructions:

cool, dry, out with direct sunlight. After opening store in a sealed bag or container.

Product Ingredients

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Durum **WHEAT** Semolina

Nutritional Information

Typical Values per 100g/ml:

Based on a reference intake of an average adult (8400kJ/2000kCal) diet

Energy:

362 kcal / 1535 kJ

Fat:

2.1 g

of which saturates:

0.3 g

Carbohydrates:

79.2 g

of which sugars:

2.3 g

Fibre:

3.7 g

Protein:

12 g

Salt:

0.01 g



All product information is correct at time of upload. Information may change so please check the packaging before use.

If allergen information is not presented here, please obtain it from the product packaging or speak with our QA Department.