



308070C Cous Cous (Bia)



Pack Size: 10 X 1KG

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, Lupin, Milk, Molluscs, Mustard, Nuts, Peanuts, Sesame, Sulphur Dioxide, Soya

Suitable for:

Vegetarians, Vegan

Handling Information

Directions For Use:

Pour into bowl of desired quantity of BIA Couscous and add the same volume of hot but not boiling water. Cover and let it rest for a few minutes until it reaches the desired consistency; finally stir with a fork to separate the grains and then season at will.

Storage Instructions:

Cool (5 to 25oC) dry (50% RH) and away from direct heat or light

Product Ingredients

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100% Durum **WHEAT** semolina

Nutritional Information

Typical Values per 100g/ml:

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

Energy:

349 kcal / 1447 kJ

Fat:

1.8 g

of which saturates:

0.4 g

Carbohydrates:

69 g

of which sugars:

2.1 g

Fibre:

4.2 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.