



## 308563S Israeli Cous Cous (Centaur)



**Pack Size:** 1KG BAG

**Details:** A delicious pearl shaped grain made from 100% durum wheat semolina.

### 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:**

None

**Storage Instructions:**

Ambient, cool, dry.

### Product Ingredients

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100% Half Hard **WHEAT** Flour

### Nutritional Information

**Typical Values per 100g/ml:**

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

**Energy:**

363 kcal / 1504 kJ

**Fat:**

1.45 g

**of which saturates:**

0.27 g

**Carbohydrates:**

73.8 g

**of which sugars:**

1.12 g

**Fibre:**

2.4 g

**Protein:**

11.5 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.

