

THE CLEAN KILO

ZERO WASTE

SUPERMARKET

WHITE COUS COUS ORGANIC

£0.29/100G

ORIGIN: ITALY

Couscous Nutrition Facts

Serving Size 1 cup plain, cooked

couscous

Per Serving	% Daily Value*
Calories 174	
Calories from Fat 0	
Total Fat 0g	0%
Saturated Fat 0g	0%
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 13mg	1%
Potassium 91mg	2%
Carbohydrates 36g	28%
Dietary Fiber 2g	9%
Sugars 0g	
Protein 6g	
Vitamin A 2% · Vitamin C 0%	
Calcium 1% · Iron 3%	

*Based on a [2,000 calorie diet](#)

INGREDIENTS: Organic Durum Wheat

INFO: Couscous is produced from selected durum wheat semolina which is moistened and spray dried into an oven to agglomerates. Couscous contains mostly carbohydrate but it also contains quite good levels of protein and fibre with very little fat and no salt.

STORAGE: Cool, dry and hygienic, away from direct light and odours.

COOKING INSTRUCTIONS: Boil water, for each cup of dry couscous, use 1½ cups of water. Bring to boil in saucepan, add salt and oil or butter. Add ½ tsp. salt to the water and a little olive oil or butter if desired to add moisture. Add couscous and let steam. Pour 1 cup couscous into boiling water, stir once with a spoon, cover with a lid, and remove from heat. Let the couscous steam for five minutes, fluff with a fork. Before serving, stir in any flavorful extras like lemon zest or chopped scallions.

SHELF LIFE: 12 months, please see dispenser for BBE date.

ORGANIC: Organic Certification The product meets EU Organic Standards 834/2007 and 889/2008 and meets the Soil Association Organic Standards.

ALLERGENS: Product itself contains gluten and may have soya particles - please read below.

ALLERGEN STATEMENT: Where products are indicated as not having an allergen present this refers to the product not being formulate or wholly derived from the particular ingredient. Allergen handling policies and procedures are in place through the supply chain to reduce the likelihood of cross contamination from allergens, however this cannot be guaranteed.

NOTE: The information is considered to be true and correct at the date of publication, changes in circumstances (i.e change of supplier/price etc) after the time of publication may impact on the accuracy of the information. We will endeavour to update any changes as frequently as possible. Publication last updated 22.08.19.

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