

THE CLEAN KILO

ZERO WASTE

SUPERMARKET



GIANT COUS COUS FREGOLA ORGANIC

£0.60/100G

ORIGIN: ITALY

Nutritional Information Typical values (per 100g)

Energy kcals	339
Energy kj	1419
Fat	2.5
of which Saturates	0.5
Carbohydrates	71.1
of which sugars	
Fibre	
Protein	13.7
Salt	

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: In a large pot, bring 4 cups salted water to a boil over medium-high heat. Add 1 cup fregola and cook until al dente, about 8 to 10 minutes. If using in a salad, drain and spread on a baking sheet to cool. For warm preparations, return to the pot after draining and toss with a little olive oil to prevent sticking. Alternatively, use stock for some or all of the cooking liquid for more flavor.

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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