



Couscous

Pearls of Wheat, Savory & Sweet

A staple of North African and Middle Eastern cuisine, couscous can serve as a delightful alternative to rice and pasta, beautifully absorbing the flavors of the ingredients with which it is prepared. We've taken the sweetness of North African cooking and transformed it into a Middle Eastern salad, combining cumin, [lemon juice, olive oil] and raisins for a savory-and-sweet delicacy that strikes the perfect harmony.



Vegan

INGREDIENTS:

Cooked Couscous (Wheat Flour, Rosemary Extract), Seedless Raisins, Carrots, Lemon Juice, Soybean Oil, Olive Oil, Salt, Garlic, Parsley, Cumin, Black Pepper, Coriander.

Nutrition Facts

Serving size 1 cup (140g)

Amount per serving

Calories 200

% Daily Value*

Total Fat 6g 8%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 650mg 28%

Total Carbohydrate 28g 10%

Dietary Fiber 2g 7%

Total Sugars 6g

Includes 0g Added Sugars 0%

Protein 5g

Vitamin D 0mcg 0%

Calcium 25mg 2%

Iron 1mg 6%

Potassium 173mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Contains Soy, Wheat, Gluten.

MAY CONTAIN POTENTIAL ALLERGENS

May also contain Egg, Fish, Milk, Peanut, Sesame, Shellfish, Soy, Tree Nuts, Celery, Crustaceans, Lupin, Molluscs, Mustard, Sulphites.

