

Item # 409325

Desc: Couscous Whole Wheat

Nutrition Facts			
Serving Size (62g)		Serving Per Container Varied	
Amount Per Serving			
Calories	223	Calories from Fat	9
		% Daily Value*	
Total Fat	1 g		1 %
Saturated Fat	0 g		0 %
Trans Fat	0 g		
Cholesterol	0 mg		0 %
Sodium	6 mg		0 %
Total Carbohydrate	43 g		15 %
Dietary Fiber	4 g		13 %
Sugars	4 g		
Protein	8 g		
Vitamin A	0%	Vitamin C	0%
Calcium	1%	• Iron	9%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

409325 CousCous Whole Wheat

Ing: Unenriched whole durum wheat semolina.

**Contains: Wheat Ingredients.

Product information/materials may change.

Refer to the package or call for updates.

Whole Wheat Couscous

1 1/4 cups water or broth

2 tbsp. butter

1 cup couscous

salt (optional)

Bring water or broth to a boil. Add butter,

couscous and salt if desired. Stir. Cover.

Remove from heat and allow to stand for 5

minutes. Stir to fluff up and serve.