

Biofood Whole Wheat Couscous BIO

Art.nr:	6154
Product description:	Biofood Whole Wheat Couscous BIO
EAN-code product:	5412158027894
EAN-code carton	5412158046246 (x 1) 5412158028303 (x 6)
Custom-code:	10089000
Ingredients:	whole WHEAT couscous*. May contain NUTS, SOY, MUSTARD and SESAME. *From controlled organic cultivation.
Allergens:	Contains wheat, gluten. May contain traces of soybeans, mustard, sesame seeds, nuts. Does not contain eugenol, anise alcohol, benzyl salicylate, citronellol, alpha-isomethyl ionone, sulphur dioxide and sulphites, carrots, evernia furfuracea, peanuts, celery, pod fruits, benzyl alcohol, fish, cinnamal, cocoa, benzyl cinnamate, crustaceans, coriander, barley, lupine, citral, cinnamyl alcohol, evernia prunastri, benzyl benzoate, farnesol, lactose, molluscs, oats, corn, milk, rye, coumarin, amyl cinnamal, eggs, butylphenyl methylpropionate.
Weight:	500 g
Storage:	Keep at room temperature.
Usage:	Pour boiling water over 75g (1 portion) of couscous to 1 cm above it, cover and leave to stand for 5 minutes.
Dimensions:	8,0 cm W x 18,0 cm H x 4,0 cm D

Nutritional values	portie/portion 100 g
Energy kJ	1452
Energy kcal	343
Fats	2,1 g
saturated fats	0,4 g
Carbohydrates	65,0 g
sugars	3,5 g
Food fibres	8,2 g
Protein	12,0 g
Salt	<0,10 g

