



Casbah Natural Foods

18210 - Moroccan Couscous

Moroccan couscous is all natural, kosher, NON-GMO project verified, vegetarian, precooked, made from durum wheat semolina. Pre-cooked, dried, medium grain couscous is prepared from Durum Wheat Semolina.



Nutrition Facts

Servings per Container 251
Serving size 0.25cup (0.25GS21)

Amount per serving
Calories 170

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 35g	13%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 10mg	1%
Iron 0.5mg	3%
Potassium 70mg	1%

* The % Daily Value (DV) 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.

* Benefits

Established in 1993 in Lancaster, Pennsylvania as the first couscous manufacturer in North America. USDP is the only manufacturer of Israeli Couscous in the US and the first to make it Organic in the world. 30,000,000 pounds couscous manufacturing capacity. 15,000,000 pounds pearl manufacturing capacity. Pre-cooked, dried, medium grain couscous is prepared from Durum Wheat Semolina. It is manufactured under current GMPs and is not adulterated or misbranded within the meaning of the Federal Food, Drug, and Cosmetic Act of 1938. This item is all natural, kosher, NON-GMO project verified, vegetarian.

Ingredients

Durum Wheat Semolina

⚠ Allergens

Contains:



wheat

Free From:



crustaceans



eggs



fish



milk



peanuts



soy



tree nuts

Handling Suggestions

Store in cool dry place

Serving Suggestions

45 grams

Prep & Cooking Suggestions

1. Bring 1 cup of water to a boil in a saucepan.
2. Add 1 cup of pre-cooked couscous, teaspoon of salt (optional), and 1 teaspoon of butter or olive oil (if desired).
3. Remove from heat. Cover saucepan and let stand for 4-5 minutes. Fluff with fork before serving.

📄 Product Specifications

Brand	Manufacturer	Product Category
Casbah Natural Foods	Us Durum	

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
	12CBI2200	18210	00072934000203		1/25 LB

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
25.25lb	25lb	United States	Yes	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
3in	13in	27in	0.61ft3	8x10	351days	60°F / 77°F



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Nutrition Analysis - By Measure

Calories	170	Total Fat	0g	Sodium	0mg
Protein	6	Trans Fats		Calcium	10mg
Total Carbohydrates...	35g	Saturated Fat	0g	Iron	0.5mg
Sugars	0g	Added Sugars	0g	Potassium	70mg
Dietary Fiber	2g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(U)		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

Additional Images

