

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.



* 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	Allergens
Durum Wheat Semolina	Contains: wheat Free From: crustaceans eggs fish milk peanuts soy tree nuts

Nutrition Facts

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

Amount per serving Calories

170

Calonies	170
%	Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat	
Cholesterol 0mg	0%
Sodium Omg	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%

a serving of food contributes to a daily diet. 2,000 calories

a day is used for general nutrition advice.

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 F					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(IU)•		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



