

### Roland

### 6205052 - Traditional Couscous Pre Cooked



Couscous, a staple dish of North Africa, has a mild, nutty flavor and a fluffy, airy texture and is traditionally served alongside a tagine. It's the ideal side dish for stews and dishes prepared in sauces, as it absorbs their juices perfectly.



### \* Benefits

Couscous, a staple dish of North Africa, has a mild, nutty flavor and a fluffy, airy texture and is traditionally served alongside a tagine. It's the ideal side dish for stews and dishes prepared in sauces, as it absorbs their juices perfectly. Serving Suggestions: Side dish, cold salads, and you can even substitute it for rice for a unique dessert.

Ingredients	Allergens		
WHEAT FLOUR. CONTAINS: WHEAT.	Contains:  wheat  Free From:  crustaceans eggs fish milk		
	peanuts & sesame soy tree nuts		

# **Nutrition Facts**

Servings per Container 83 60.0g (60g) Serving size

**Amount per serving** Calories

220

Outories	220
<b>%</b>	Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 46g	17%
Dietary Fiber 3g	11%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 14mg	14%
Iron 0.6mg	4%
Potassium 100mg	2%

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

a day is used for general nutrition advice.

### Handling Suggestions

Store in a cool and dry place.

### Serving Suggestions

Serving Suggestions: Side dish, cold salads, and you can even substitute it for rice for a unique dessert.

### Prep & Cooking Suggestions

Steam or boil in bag until product reaches a safe internal temperature.

### Product Specifications

Brand	Manufacturer				
Roland	American Roland Food Corp				

UPC	MFG #	SPC#	GTIN	Pack	Pack Desc.
	72102	6205052	10041224721026		4/11 LB

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
47lb	44.09lb	Canada   United States	Yes	

Shipping Information							
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To	
13.5in	9.5in	13.75in	1.02ft3	14x3	180days	35°F / 37°F	





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### Nutrition Analysis - By Measure

Calories	220	Total Fat	0g	Sodium	5mg
Protein	8	Trans Fats	0g	Calcium	14mg
Total Carbohydrates	46g	Saturated Fat	0g	Iron	0.6mg
Sugars	0g	Added Sugars	0g	Potassium	100mg
Dietary Fiber	3g	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



