

SuperGrains Valley

982561 - Couscous Precooked Medium



SuperGrains Valley Pre-Cooked Couscous is made with 100% durum semolina and can easily cooks in only 5 minutes. Use it as a bed for stew or vegetables, stir into salads, or create your own entre with fresh herbs and spices.



* Benefits

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Ingredients	Allergens
DURUM WHEAT SEMOLINA.	Contains: wheat Free From: crustaceans eggs fish milk peanuts soy tree nuts

Nutrition Facts

Servings per Container 101 45.0g (45g) Serving size

Amount per serving Calories

150

Calones	150
% Da	ily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat	
Cholesterol 0mg	0%
Sodium Omg	0%
Total Carbohydrate 32g	12%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1.6mg	9%
Potassium 190mg	4%
* 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.

Handling Suggestions

Serving Suggestions

See packaging

Ambient Temp.

Prep & Cooking Suggestions

See packaging



Brand	Manufacturer	Product Category	
SuperGrains Valley	Us Durum		

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
850544007825	16010-10	982561	00850544007825		1/10 LB

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
10.1lb	10lb	United States	Yes	

Shipping Information							
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To	
14.5in	10in	4.5in	0.38ft3	10x8	365days	60°F / 77°F	





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Nutrition Analysis - By Measure

Calories	150	Total Fat	1g	Sodium	0mg
Protein	6	Trans Fats		Calcium	20mg
Total Carbohydrates···	32g	Saturated Fat	0g	Iron	1.6mg
Sugars	0g	Added Sugars	0g	Potassium	190mg
Dietary Fiber	0g	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



