



SuperGrains Valley

# 982561 - Couscous Precooked Medium

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



## Nutrition Facts

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

Amount per serving  
**Calories 150**

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

\* 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

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

#### Ingredients

DURUM WHEAT SEMOLINA.

#### ⚠ Allergens

##### Contains:

wheat

##### Free From:

crustaceans eggs fish milk  
 peanuts soy tree nuts

### Handling Suggestions

Ambient Temp.

### Serving Suggestions

See packaging

### Prep & Cooking Suggestions

See packaging

### 📄 Product Specifications

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	TlxHl	Shelf Life	Storage Temp From/To
14.5in	10in	4.5in	0.38ft3	10x8	365days	60°F / 77°F



**SuperGrains Valley**

## 982561 - Couscous Precooked Medium

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



### 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(U)		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

### Additional Images

