

10608 | Martino | 1-5kg

## Couscous

A great alternative to rice and pasta

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### Description

Legal Product Name	Medium Cous Cous
Unique Marketing Statement	A great alternative to rice and pasta
Brand Name	Martino

### Ingredients

Ingredients	Durum WHEAT Semolina
Is the product made from at least 65% British ingredients?	No
Contains GM Ingredients	No

### Nutrition

Servings per Consumer Unit (Inner)	71
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Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	1460 kJ
Energy (Kilocalories)	349 kcal
Fat, Total	1.5 g
Saturated	0.4 g
Carbohydrate	70 g
Sugars	2.5 g
Dietary Fibre, Total	3.5 g
Protein, Total	12 g
Salt	0.0126 g
Sodium	5 mg

### Allergens

Cereals containing Gluten (and products thereof)	Contains
Wheat	Contains

Rye	Does NOT Contain
Barley	Does NOT Contain
Oats	Does NOT Contain
Crustaceans (and products thereof)	Does NOT Contain
Egg and Egg Products	Does NOT Contain
Fish and Fish Products	Does NOT Contain
Peanut and Peanut Products	Does NOT Contain
Soybean and Soybean Products	May Contain
Milk and Milk Products	Does NOT Contain
Tree Nuts (and products thereof)	Does NOT Contain
Almonds	Does NOT Contain
Hazelnuts	Does NOT Contain
Walnuts	Does NOT Contain
Cashews	Does NOT Contain
Pecan nuts	Does NOT Contain
Brazil nuts	Does NOT Contain
Pistachio nuts	Does NOT Contain
Macadamia or Queensland nuts	Does NOT Contain
Celery / Celeriac (and products thereof)	Does NOT Contain
Mustard (and products thereof)	May Contain
Sesame Seeds and Sesame Seed Products	Does NOT Contain
Sulphur Dioxide and Sulphites (>10mg/kg)	Does NOT Contain
Lupin (and products thereof)	Does NOT Contain
Molluscs (and products thereof)	Does NOT Contain

## Dietary Information

Halal Certified	No
Kosher Certified	Yes
Suitable for Vegan	Yes
Suitable for Vegetarian	Yes

Organic Certificate	No Organic certificate
Can any Ethical or Fairly traded claims be made?	SEDEX registered
Can any other sustainability claims be made for this product?	None
Does any other assurance scheme apply to this product?	No assurance scheme

## Preparation Suggestions

Other	Pour 250ml of water in a saucepan, add 1 tablespoon of oil, 1 teaspoon of salt. Bring to boil. Remove from heat, add 250g of cous cous and mix gently. Leave to stand for 5 minutes to absorb the water. Fluff with a fork.
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## Packaging

Do you have any packaging environmental claims?	Recyclable
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