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10610 | Casa De Mare | 500g

Casa De Mare Couscous

Italian Couscous

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Disclaimer: As we do not manufacture we warrant only that we will transmit accurately product data (ingredient and allergen) as are received by us from the manufacturer/supplier of such product. By accepting product and image information you agree to obtain our written permission before you transmit such product data or images outside your business. You agree to check for updates and refer to the packaging at all times because product data change regularly. You must not alter the product data or images. If despite this you choose to do so we will not be responsible.



Description

Legal Product Name	Durum Wheat Semolina
Unique Marketing Statement	Italian Couscous
Brand Name	Casa De Mare
Country of Origin	Italy

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)	7
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Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	1482 kJ
Energy (Kilocalories)	350 kcal
Fat, Total	1.5 g
Saturated	0.4 g
Carbohydrate	70 g
Sugars	3 g
Dietary Fibre, Total	4 g
Protein, Total	12 g
Salt	0 g
Sodium	0 mg

Allergens

Cereals containing Gluten (and products thereof)	Contains
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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
Does any other assurance scheme apply to this product?	No assurance scheme

Preparation Suggestions

Is the product ready to eat?	NO
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.

Packaging

Do you have any packaging environmental claims?	Inner and outer packaging are recyclable. Made of cardboard.
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