



**ROLAND**

# F5E112 - Pasta Couscous Israeli Ziploc 72100

Israeli couscous is a unique item to add to the menu instead of the usual rice, pasta or potatoes. A very adaptable product.



## Nutrition Facts

**Servings per Container** 152  
**Serving size** (60g)

**Amount per serving**  
**Calories** 220

	% Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 46g	<b>17%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 0g	
Includes 0g Added Sugar	<b>0%</b>
<b>Protein</b> 8g	
Vitamin D 0mcg	<b>0%</b>
Calcium 14mg	<b>1%</b>
Iron 0.6mg	<b>3%</b>
Potassium 100mg	<b>2%</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

### Ingredients

WHEAT FLOUR, AND/OR ROSEMARY EXTRACT. CONTAINS: WHEAT.

### ⚠ Allergens

**Contains:**



**Free From:**



### Handling Suggestions

Product is shelf stable.

### Serving Suggestions

Israeli Couscous is a great alternative to pasta or rice as a side dish. Can be used as a base for grilled vegetables or sauted sliced chicken or beef dishes. This unique item updates a tired menu of Italian pasta dishes.

### Prep & Cooking Suggestions

Add 1 1/4 cups of boiling water for each cup of Israeli couscous. Cover pot and simmer for 8-10 minutes, stirring occasionally. Salt to taste.

### 📄 Product Specifications

Brand	Manufacturer	Product Category
ROLAND	American Roland Food Corp.	Pasta & Noodles

MFG #	SPC #	GTIN	Pack	Pack Desc.
72100	F5E112	10041224721002	4	4 / / cs

Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition
21lb	20lb	No	ISR	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
12.75in	9.25in	9.75in	0.67ft3	15x5	720DAYS	45°F / 68°F



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## Nutrition Analysis - By Serving

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	0g	Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(U)	0	Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

## Additional Images

