



BOB'S RED MILL

007323 - **Couscous Golden**

Pasta that cooks in just 5 minutes made of durum wheat.



Nutrition Facts

Servings per Container **182**
Serving size **1/3cup(62g)**

Amount per serving
Calories 230

	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 45g	16%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugar	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 8mg	1%
Iron 2mg	11%
Potassium 122mg	3%

* 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

- One, 25 pound bulk bag
- Vegan; Vegetarian; Kosher Pareve
- Ready in 5 minutes
- 8g protein per serving; good source of dietary fiber
- Traditional Moroccan dish

Ingredients

Durum wheat

⚠ Allergens

Contains:



wheat

May Contain:



milk



sesame



soy



tree nuts

Free From:



crustaceans



eggs



fish



peanuts

Handling Suggestions

Keeps best refrigerated or frozen.
Use as per recipe.

Serving Suggestions

Use it as a bed for stew, meat or vegetables (the way Moroccans do), stir into salads, or use as an entre with your favorite pasta sauce.

Prep & Cooking Suggestions

Bring water or broth to a boil. Add Butter, Couscous and salt (optional). Stir, cover, remove from heat, and let stand for 5 minutes. Stir to fluff up and serve.

📄 Product Specifications

Brand	Manufacturer	Product Category
BOB'S RED MILL	Bob's Red Mill Natural Foods	Cereal

MFG #	SPC #	GTIN	Pack	Pack Desc.
P101098	007323	00039978105844	1	1 / ea

Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition
25.5lb	25lb	No	CAN	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
26in	13in	4.5in	0.88ft3	5x16	730DAYS	32°F / 71°F



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Nutrition Analysis - By Serving

Calories	230	Total Fat	1g	Sodium	0mg
Protein	9	Trans Fats	0g	Calcium	8mg
Total Carbohydrates...	45g	Saturated Fat	0g	Iron	2mg
Sugars	1g	Added Sugars	0g	Potassium	122mg
Dietary Fiber	2g	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

