White Couscous Bio 400 g Ecosana

SKU: 467010023 **EAN13:** 8436012944407

Description

ECOSANA White Couscous Bio is obtained from **durum wheat semolina** from **organic farming** . Cous Cous is one of the most popular dishes of Arabic food, whose name refers to the roundness of the semolina grains. It is an **energetic** food, with great nutritional value thanks to its contribution in proteins, fibers, vitamins and minerals and its high content of carbohydrates, which make it a fairly complete food for athletes. You can take it alone or with vegetables, legumes or as a garnish for meat and fish. Enjoy it however you want!

Ingredients

White **COUSCOUS***

*From Organic Agriculture.

Directions

Use at your convenience

Presentation

Contains 400 g

Warnings

It contains **Gluten**.

May contain traces of **Nuts, Sesame and Soya**.

Keep in a cool and dry place.

Nutrition Facts

Per 100 g

	Quantity
Energetic Value	**1487 kJ / 351 kcal**
Fat *of which saturated*	**1,50 g** *0,40 g*
Carbohydrates *of which sugars*	**70 g** *2,50 g*
Fibre	**3,70 g**
Proteins	**12 g**
Salt	**0 g**

Allergen Information

Shelled Nuts, Gluten, Sesame, Soya,

Certifications