



White Couscous Bio 400 g Ecosana

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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 <i>of which saturated</i>	1,50 g <i>0,40 g</i>
Carbohydrates <i>of which sugars</i>	70 g <i>2,50 g</i>
Fibre	3,70 g
Proteins	12 g
Salt	0 g

Allergen Information

Shelled Nuts, Gluten, Sesame, Soya,

Certifications

