



# Wholemeal Couscous Bio 400 g Ecosana

SKU: 467010024 EAN13: 8436012944414

## Description

**ECOSANA Wholemeal 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

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Wholemeal **Couscous\***

\*From Ecological Agriculture.

## Directions

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Use at your convenience

## Presentation

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Contains 400 g

## Warnings

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It contains **gluten**.

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

Store in a cool, dry place.

## Nutrition Facts

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Per 100 g

	Quantity
<b>Energetic Value</b>	<b>1454 kJ / 344 kcal</b>
<b>Fat</b> <i>of which saturated</i>	<b>2,20 g</b> <i>0,50 g</i>
<b>Carbohydrates</b> <i>of which sugars</i>	<b>64 g</b> <i>1,70 g</i>
<b>Fibre</b>	<b>8,80 g</b>
<b>Proteins</b>	<b>13 g</b>
<b>Salt</b>	<b>0 g</b>

## Allergen Information

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Shelled Nuts, Gluten, Sesame, Soya,

## Certifications

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