



Wholemeal Couscous Bio 400 g Ecosana

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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

Wholemeal **Couscous***

*From Ecological Agriculture.

Directions

Use at your convenience

Presentation

Contains 400 g

Warnings

It contains **gluten**.

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

Store in a cool, dry place.

Nutrition Facts

Per 100 g

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

Allergen Information

Shelled Nuts, Gluten, Sesame, Soya,

Certifications

