



NEAR EAST® COUSCOUS – 2.25 lb

Nutrition Facts

Serving Size 1/3 c. dry couscous(62 g)
(1 cup prepared)

| Amount Per Serving | | | |
|--|-----------|----------------|-------------|
| | | As Packaged | As Prepared |
| Calories | | 220 | 230 |
| Calories from Fat | | 10 | 20 |
| % Daily Value** | | | |
| Total Fat 1g* | | 1% | 3% |
| Saturated Fat 0g | | 0% | 0% |
| Trans Fat 0g | | | |
| Cholesterol 0mg | | 0% | 0% |
| Sodium 5 mg | | 0% | 0% |
| Total Carbohydrate 46g | | 15% | 15% |
| Dietary Fiber 2g | | 10% | 10% |
| Sugars 1g | | | |
| Protein 8g | | | |
| Vitamin A | | 2% | 2% |
| Vitamin C | | 0% | 0% |
| Calcium | | 0% | 0% |
| Iron | | 6% | 6% |
| ** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | | | |
| | Calories: | 2,000 | 2,500 |
| Total Fat | Less than | 65g | 80g |
| Sat. Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Potassium | | 3,500mg | 3,500mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

INGREDIENTS: PRECOOKED MEDIUM GRAIN SEMOLINA.

CONTAINS WHEAT INGREDIENTS.

| | |
|------------------|--------------------|
| Case UPC | 100-722251-05095-7 |
| Package UPC | 0-72251-05095-0 |
| Case Pack | 6/ 2.25 lb. boxes |
| Kosher Status | Yes- Pareve |
| Document Updated | 7/14 |

All products are accurately labeled with the most current information however, since the ingredients are subject to change at any time, we recommend you check the label on the specific product for the most current and accurate information.