

# Organic Whole Grain Couscous

Couscous is a type of coarse wheat semolina that undergoes a multi-step process of moistening, rolling into granules, cooking, and drying. This process gives couscous a milder taste compared to bulgur. It is delicious as a side dish, for pan dishes, salads, and fillings, and provides a good source of protein and fiber.

[Zum Produkt](#)

## Nährwerte

Unzubereitet pro 100 g

Calorific value kj	1461 kj
Calorific value kcal	349 kcal
Fat	1.7 g
Of which saturated fatty acids	0.3 g
Carbohydrates	68.7 g
Of which sugar	0.8 g
Fibers	6.2 g
Protein	11.7 g
Salt	0.02 g

## Allergene

Gluten-containing cereal	Ja
Chicken egg	Nein
Peanuts	Nein
Milk	Nein
Celery	Nein
Sesame seeds	Nein
Lupines	Nein
Crustaceans	Nein
Fish	Nein
Soy	Nein
Nuts	Nein

Mustard  
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Nein

Sulfur dioxide and sulphite	Nein
Molluscs	Nein
Cashews	Nein
Spelt	Nein
Barley	Nein
Oat	Nein
Hybrid Strains	Nein
Kamut	Nein
Macadamia	Nein
Almonds	Nein
Brazil Nuts	Nein
Pecans	Nein
Pistachios	Nein
Rye	Nein
Hazelnuts	Nein
Sesame	Nein
Walnuts	Nein
Wheat	Ja