

# Couscous whole grain (precooked semolina) organic

**Designation:** couscous whole grain

**Description:** Couscous is durum wheat semolina which is moistened, rolled into balls, cooked and dried in a multi-stage process. This process makes couscous somewhat milder than bulgur. It is delicious as a side dish, for stir-fries, salads and fillings and is a good source of protein and fibre.

**Preparation:** Heat 250ml of water, add 250g couscous, 1/2 teaspoon salt and 1 teaspoon olive oil to a bowl and mix together. Leave to swell for about 5 minutes, season with herbs, serve warm or cold as a side dish or salad base.

**Ingridients:** durum wheat wholemeal semol

\* from controlled organic cultivation

**Raw food:** No  
**Fairtrade:** No  
**Gluten-free:** No  
**Vegan:** Yes  
**Superfood:** No  
**Naturally gluten-free:** No  
**Plastic-free:** Yes  
**Organic:** Yes  
**Colli/Multi package:** We trade this item in various packaging units. The current packaging size is 5kg. Please refer to the order confirmation for the final packaging unit.  
**Value Pack:** No

**ECO Control Point:** DE-ÖKO-003

[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
Gluten-containing cereal	Nein
Gluten-containing cereal	Ja

Gluten-containing cereal	Nein
Gluten-containing cereal	Ja
Gluten-containing cereal	Nein
Gluten-containing cereal	Ja
Gluten-containing cereal	Nein
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	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
Wheat	Nein
Wheat	Ja
Wheat	Nein
Wheat	Ja
Wheat	Nein
Wheat	Ja
Wheat	Nein
Wheat	Ja