

Organic Whole Grain Couscous 2x2.5kg

Couscous is a type of coarsely ground durum wheat semolina that undergoes a multi-step process of moistening, rolling into pellets, cooking, and drying. This process makes couscous slightly milder than bulgur. It is delicious as a side dish, for pan dishes, salads, and stuffing, and serves as 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
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
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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