

Nutrition Facts			
About 3 servings per container			
Serving size	2 oz (56g/about 1/3 cup dry couscous & 1/2 Tbsp seasoning mix)		
Calories	As packaged	As prepared	
	210	230	
	% DV*	% DV*	
Total Fat	2g	3%	5g 7%
Saturated Fat	0g	0%	0.5g 3%
Trans Fat	0g		0g
Cholesterol	0mg	0%	0mg 0%
Sodium	450mg	19%	450mg 19%
Total Carb.	39g	14%	39g 14%
Dietary Fiber	2g	8%	2g 8%
Total Sugars	<1g		<1g
Incl. Added Sugars	0g	0%	0g 0%
Protein	7g		7g
Vitamin D	0.1mcg	0%	0.1mcg 0%
Calcium	10mg	0%	10mg 0%
Iron	2.5mg	10%	2.5mg 10%
Potassium	140mg	2%	140mg 2%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.			

INGREDIENTS: Durum wheat semolina, pine nuts, salt, autolyzed yeast extract, onions, garlic, leeks*, yeast extract, natural flavor, olive oil, mushrooms*, soy protein isolate, sunflower oil, black pepper.
*Dried (00177-L02-10)
CONTAINS PINE NUT, SOY AND WHEAT INGREDIENTS.

Distributed by:
Near East Food Products
P.O. Box 049003
Chicago, IL 60604-9003
See side panel for additional product information.
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We're here to help.
Near east.com or 1.800.822.7423
Please have package available when calling.

RANGE TOP DIRECTIONS

1. In medium saucepan, combine 1-1/4 cups water, 2 teaspoons olive oil or butter, and contents of Spice Sack.
2. Bring to a boil; stir in couscous.
3. Cover; remove from heat. Let stand 5 minutes.
4. Fluff couscous lightly with fork before serving.

About 3 cups prepared

HIGH ALTITUDE PREPARATION

At high altitudes, increase water to 1-1/3 cups and stand time to 7 minutes.

LOW FAT DIRECTIONS

Follow package directions, except omit olive oil or butter. (See Nutrition Facts for sodium content.)

At Near East®, we're inspired by how well the world eats. Our journey began 50 years ago with a single, homemade Armenian rice pilaf recipe. Today, the brand has expanded to a family of hearty grains, blended with vibrant spices and herbs from across the globe. Our simple yet flavorful dishes provide creative inspiration for any meal.

smartlabel®



Scan here for more food information or call 1-800-822-7423

**COUSCOUS MIX**

Toasted Pine Nut



Grain Mix Filled To This Line

Package contains empty space to accommodate grain to seasoning ratio. This package is sold by weight, not by volume. Contents may settle during shipping and handling.

**COUSCOUS MIX**

Toasted Pine Nut



FAST
•COOKS IN•
5MIN



U
SERVING
SUGGESTION

Per serving Enlarged image

210
CALORIES

0g
SAT FAT
0% DV

450mg
SODIUM
19% DV

<1g
TOTAL
SUGARS

NET WT 5.6 OZ (158 g)

BEST BEFORE

**COUSCOUS MIX**

Toasted Pine Nut

MICROWAVE DIRECTIONS

1. In round 2-quart microwaveable glass casserole, combine 1-1/4 cups water, 2 teaspoons olive oil or butter, and contents of Spice Sack.
2. Cover; microwave at HIGH 5 to 6 minutes or until boiling.*
3. Stir in couscous; cover. Let stand 5 minutes.
4. Fluff couscous lightly with fork before serving.

* Microwave ovens may vary. Adjust times as needed.

SAFE HANDLING INSTRUCTIONS: This product is not ready-to-eat and must be thoroughly cooked before eating to prevent illness from potential bacteria in the product. Do not eat or play with raw product; wash hands, utensils, and surfaces after handling.

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