PEARLED COUSCOUS MIX Roasted Garlic & Olive Oil FLAVOR WITH OTHER NATURAL FLAVORS

PEARLED

COUSCOUS

Roasted Garlic

& Olive Oil

Vear East

Nutrition Facts About 2 servings per container

Serving size 2.0 oz (56g/about 1/2 cup dry couscous & 3/4 Tbsp seasoning mix)

Calories	19	90	24	lO
		% DV*		% DV*
Total Fat	0.5g	1%	6g	8%
Saturated Fat	0g	0%	1g	4%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	540mg	24%	540mg	24%
Total Carb.	42g	15%	42g	15%
Dietary Fiber	3g	10%	3g	10%
Total Sugars	<1g		<1g	
Incl. Added Sugars	0g	0%	0g	0%
Protein	7g		7g	

0mcg 0% 0mcg 0% 20mg 0% 20mg 0% Calcium 0.6mg 2% 0.7mg 2% 110mg 2% Potassium * 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: Wheat flour, salt, garlic, autolyzed yeast extract, natural flavor (contains sesame), potato maltodextrin, olive oil, yeast extract, herbs* (parsley, thyme, oregano, sage, rosemary, marjoram, basil), onions, soy protein isolate.

(00347-L02-6) CONTAINS SESAME, 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. ©2022 GGC

We're here to help. Neareast.com or 1.800.822.7423 Please have package available when calling.

RANGE TOP DIRECTIONS

- In medium saucepan, combine 1-3/4 cups water, 1 tablespoon olive oil, and pearled couscous. Bring to a boil.
- 2. Reduce heat to a medium boil. Simmer at a medium boil for 8 minutes uncovered (product will be soupy). Stir occasionally. 3. Add contents of Spice Sack and stir thoroughly. Bring back to a medium boil and simmer for 4 to 6 minutes or until pasta is tender (a small amount of water should remain).
- Let stand covered 4 to 5 minutes before serving. Stir well and serve immediately. About 2 cups prepared

HIGH ALTITUDE PREPARATION

At high altitudes, increase water to 2 cups and cook time in Step 3 to 6 to 8 minutes.

LOW FAT DIRECTIONS

Follow package directions, except omit olive oil. (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.



or call 1-800-822-7423

smartlabel*

Package contains empty space to

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

Grain Mix Filled

To This Line

Near East

PEARLED

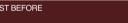
COUSCOUS

Roasted Garlic

&Olive Oil

NET WT 4.7 OZ (135 g)







Roasted Garlic 80 Olive 0il

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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