

Nutrition Facts			
About 3 servings per container			
Serving size <b>2.0 oz (56g/about 1/3 cup dry couscous &amp; 1 Tbsp seasoning mix)</b>			
	As packaged	As prepared	
Calories	200	230	
	% DV*	% DV*	
Total Fat	1.5g	2%	4g 5%
Saturated Fat	0.5g	3%	2g 11%
Trans Fat	0g		0g
Cholesterol	<5mg	1%	10mg 3%
Sodium	500mg	22%	530mg 23%
Total Carb.	39g	14%	39g 14%
Dietary Fiber	2g	7%	2g 7%
Total Sugars	2g		1g
Incl. Added Sugars	0g	0%	0g 0%
Protein	8g		8g
Vitamin D	0.2mcg	0%	0.2mcg 0%
Calcium	60mg	4%	60mg 4%
Iron	2.3mg	10%	2.3mg 10%
Potassium	160mg	2%	160mg 2%
Thiamin	0.12mg	10%	0.12mg 10%
Niacin	1.6mg	10%	1.6mg 10%
Copper	0.09mg	10%	0.09mg 10%
* 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, whey, parmesan cheese (milk, cultures, salt, enzymes), salt, autolyzed yeast extract, cultured buttermilk, cheddar cheese (milk, cultures, salt, enzymes), sunflower oil, olive oil, parsley\*, blue cheese (milk, cultures, salt, enzymes), natural flavor, romano cheese (milk, cultures, salt, enzymes), yeast extract, soy protein isolate, annatto (color), soybean oil.

\*Dried. (00156-L02-8)

**CONTAINS MILK, 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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- 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.

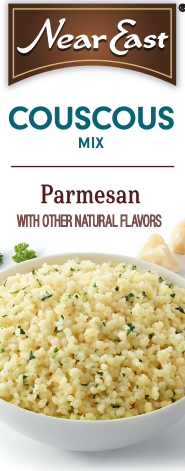
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**We're here to help.**  
Near east.com or 1.800.822.7423  
Please have package available when calling.

COUSCOUS MIX  
**Parmesan**  
WITH OTHER NATURAL FLAVORS



**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.



FAST  
•COOKS IN•  
5MIN

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SERVING SUGGESTION

Per serving    Enlarged image

200 CALORIES

0.5g SAT FAT 5% DV

500mg SODIUM 22% DV

2g TOTAL SUGARS

NET WT 5.9 OZ (167 g)

BEST BEFORE

**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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