COUSCOUS MIX Original

Nutrition Facts About 4.5 servings per container Serving size 1/3 cup dry couscous (56g) 200 220 **Calories** % DV Total Fat **1%** 3g **0%** 1.5g Saturated Fat Trans Fat Cholesterol **0%** 25mg **1%** Total Carb. **15%** 42g **15% 8%** 2g 8% Dietary Fiber Total Sugars Incl. Added Sugars Protein 0.2mcg 0% 0.2mcg 0% 10mg 0% 10mg 0% 2.5mg 10% 2.5mg 10% 110mg 2% 110mg 2% Vitamin D Calcium

* 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.

CONTAINS WHEAT INGREDIENTS.

Distributed by: Near East Food Products P.O. Box 049003 Chicago, IL 60604-9003

This package is sold by weight, not by volume. Contents settle during shipping and handling. @2020 GGC

We're here to help. Neareast.com or 800.822.7423 Please have package available when calling.

RANGE TOP DIRECTIONS

Servings (about 1 cup cooked)	1	2	About 5
Couscous, uncooked	1/3 cup	3/4 cup	1 box
Water, broth, or juice	1/2 cup	1 cup	2 cups
Salt (optional)	pinch	1/4 tsp	1/2 tsp
Olive Oil or Butter	1 tsp	2 tsp	1 Tbsp

- 1. In medium saucepan, bring water, salt (optional), and olive oil or butter just to a boil. 2. Stir in couscous; cover.
- 3. Remove from heat; let stand 5 minutes.
- **4.** Fluff couscous lightly with fork before serving.

HIGH ALTITUDE PREPARATION

At high altitudes, prepare entire box as directed above except increase water to 2-3/4 cups.

LOW FAT DIRECTIONS

Follow package directions, except omit olive oil or butter.

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.



1-800-822-7423 Call For More Food Information



COUSCOUS





Original

MICROWAVE DIRECTIONS

- 1. In round 2-quart microwaveable microwaveable
 glass casserole,
 combine water
 and salt (optional).
 Refer to range top
 directions chart
 for water and salt
 measurements.
- measurements.

 2. Microwave at HIGH until boiling, about 2 minutes for 1 serving, 4 to 5 minutes for 2 servings or 9 to 10 minutes for the entire box.*
- 3. Add couscous and stir. Cover; let stand 5 minutes.
- 4. Fluff couscous lightly with fork before serving.

* Microwave ovens may vary. Adjust times as needed.





32630005019

(00050-L05-4)