PEARLED COUSCOUS MIX Basil & Herb

Nutrition Facts About 2.5 servings per container Serving size 2 oz (56g/about 1/2 cup dry couscous & 3/4 Tbsp seasoning mix) 200 240 **Calories** % DV* Total Fat 1.5g **2%** 7g 8% Saturated Fat **0%** 1g 6% Trans Fat 0mg **0%** 0mg **0%** Cholesterol Sodium 470mg **20%** 470mg **20%** 40g **15%** 40g **15%** 3g **11% Total Carb.** Dietary Fiber Total Sugars Incl. Added Sugars 0g **0%** 0g Protein 0% 0mcg Calcium 40mg 2% 40mg 2% 0.9mg 4% 170mg 2% 170mg 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: Wheat flour, garlic, autolyzed yeast extract, salt, basil, onions, sunflower oil, whey, parmesan cheese (milk, cultures, salt, enzymes), cultured nonfat milk, butter (cream, salt), yeast extract, olive oil, parsley*, romano cheese (milk, cultures, salt, enzymes), nonfat dry milk, milk powder, natural flavor, soy protein isolate.
*Dried.

*CONTAINS MUK SOY AND WHEAT INGREDIENTS

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CONTAINS MILK, SOY AND WHEAT INGREDIENTS.

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RANGE TOP DIRECTIONS

- In medium saucepan, combine I-3/4 cups water, I tablespoon olive oil, and pearled couscous. Bring to a boil.
 Reduce heat to a medium boil. Simmer at a medium boil for 8 minutes uncovered (product will be soupy). Stir occasionally.
 Add contents of Spice Sack and stir theoretist. Pairs thek to a medium boil.
- Aud contents of spice Sack and stir thoroughly. Bring back to 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.

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