

Supplier's Product Code :
 Product Added :
 Last Updated by Supplier :
 erudus id :

501894
 30 March 2026
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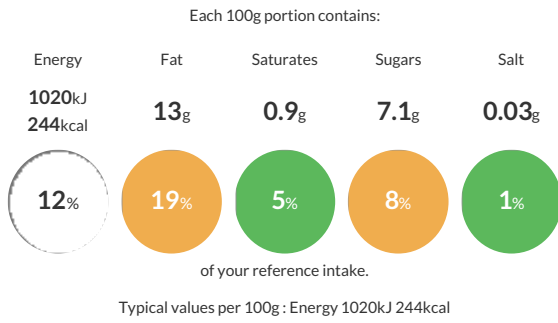
Med Veg Couscous Salad 6x2kg

Short Product Name:
 Med Veg Couscous Salad

Giant cous cous and chickpeas are the base for a lightly spiced salad with grilled red pepper, apricot and sultanas. A subtle hit of fresh parsley to finish.

Traded Unit GTIN: 5055028801097 Internal GTIN: 5055028801059 Supplier: Fresh Kitchen Suppliers Product Code: 501894

Reference Intake



Nutritional Information

Typical Values	Per 100g
Energy	1020kJ 244kCal
Carbohydrates	26g
of which sugars	7.1g
Fat	13g
of which saturates	0.9g
Fibre	2.6g
Protein	3.9g
Salt	0.03g

Allergy Information

Key: Contains May Contain

Contains Cereal/Gluten	Does Not Contain Milk	Does Not Contain Eggs	Does Not Contain Peanuts	Does Not Contain Nuts	Does Not Contain Crustaceans	Does Not Contain Mustard
Does Not Contain Fish	Does Not Contain Lupin	Does Not Contain Sesame	Does Not Contain Celery	Does Not Contain Soya	Does Not Contain Molluscs	Contains Sulphur Dioxide

Dietary Information

Key: Suitable for

Suitable for Vegetarian	Suitable for Vegan	May not be suitable for Kosher	May not be suitable for Halal	NO DATA for Coeliac
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Ingredients

Giant Couscous (22.1%) (WHEAT), Chick Pea (13.3%) [Chick Peas, water, Antioxidant (Ascorbic Acid)], Rapeseed Oil (12.2%), Water, Pepper Red Grilled, Spirit Vinegar, Apricots [Dried Apricots, Preservative (Sulphur Dioxide (SULPHITES))], Sultanas [Sultanas, Sunflower Oil], Spring Onion, Parsley, Garlic Puree, Cumin Ground, Green Chilli, Paprika, Fenugreek, Pepper Black, Coriander Ground, Ground Turmeric, Ginger, Garlic Powder, Sea Salt