Supplier's Product Code :	501894
Product Added :	01 October 2026
Last Updated by Supplier :	01 October 2026
erudus id :	b83aed665dd1425c8a8657a3ab37f03d

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provided by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit http://www.erudus.com/terms-and-conditions for full terms and conditions.

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 : Sysco GB Limited Suppliers Product Code : 501894

Reference Intake

Each 100g portion contains:

Energy	Fat	Saturates	Sugars	Salt
1020kJ 244kcal	13g	0.9g	7.1g	0.03g
12%	19%	5%	8%	1%

of your reference intake.

Typical values per 100g : Energy 1020kJ 244kcal

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

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