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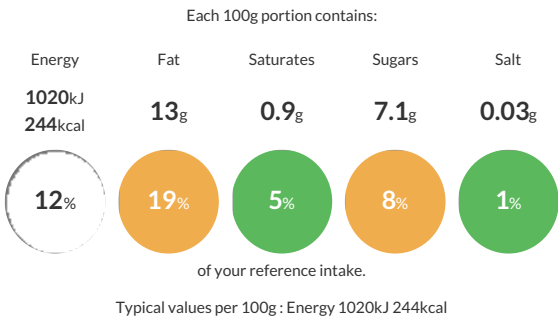
Med Veg Couscous Salad 6x2kg

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

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