



Couscous Salad

True Mediterranean salad made with couscous, lentils, quinoa, sundried tomatoes, herbs and spices.

- Ready to serve, hot or cold.
- A healthy substitute for rice or pasta in a main dish or as a side.
- Top with chicken, fish or meat to create a complete, easy-to-prepare meal.



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Nutrition Facts

Serving Size: 4 oz (½ cup)

Calories	295
Cals from Fat	71
Total Fat	8 g
Saturated Fat	1 g
Trans Fat	0 g
Cholesterol	0 g
Sodium	280 mg
Total Carbs	47 g
Dietary Fiber	5 g
Sugars	2 g
Protein	10 g

Packaging/Shipping: Frozen; Pre-cooked; Reay-to-serve

Ingredients: Couscous, lentils, quinoa, sundried tomatoes, basil, Soybean oil, salt, spices, citric acid.

Preparation Instructions: Cold: thaw and serve.
Hot: thaw, heat in sauce pan or microwave to desired temperature.

<u>Mfg #</u>	<u>Pack Size</u>	<u>Case Dimension</u>	<u>Net Wgt</u>	<u>Ship Wgt</u>
502	4 / 3 Lb	12x12x8	12 Lbs	13 Lbs