

Name	Organic Gluten Free Couscous
Description	Just Natural Organic Gluten Free Couscous is carefully selected from the best organic producers in Italy. Made from 100% gluten free corn and rice flour, our couscous tastes just as good as the traditional wheat couscous but is suitable for all diets. Ready in minutes by just adding boiling water, Just Natural Gluten Free Couscous makes a perfect addition to side dishes, soups, salads and more
Code	JGF31
Barcode	5055177501909
Country of Origin*	Italy
*Country of origin may vary from time to time and the origin stated in this document is not guaranteed.	

Packaging

Net Content	500g
Packaging Type*	Home Compostable Packaging (Certified)
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Shelf Life

Maximum Shelf Life	12 Months
Storage Conditions	Ambient (15°C - 20°C)

Ingredients	Corn Flour*, Rice Flour*. *Organic
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Nutritional Values per 100g

Energy	1,535KJ (362 kcal)
Fat	1.2g
Of Which Saturates	0.3g
Carbohydrates	79g
Of Which Sugars	1.4g
Fibre	2.9g
Protein	7.3g
Salt	0.0g

Certifications	Organic (Soil Association), Vegan Society, Coeliac Cross Grain
Serving Requirements	Add equal volumes of couscous and boiling water to a bowl, stir and cover for 3-5 minutes until all the water has been absorbed and the couscous reaches an al dente to soft texture. Fluff with a fork and add seasoning, herbs, spices and other ingredients as preferred.