

GB Israeli Cous Cous
6oz

Nutrition Facts	
1 servings per container	
Serving size	6oz (170g)
Amount per serving	
Calories	180
	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 0	2%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 0.5g	
Cholesterol less than 5 millig	0%
Sodium 590mg	26%
Total Carbohydrate 31g	11%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 55mg	4%
Iron 3mg	15%
Potassium 320mg	8%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS: Dried Garbanzo Beans (Garbanzo Beans. Before cooking; examine; sort and rinse; well to remove any residual material), Dry Couscous (Wheat flour. Contains wheat.), Power Blend Salad Mix, Red Onion, Cnd Roasted Red Peppers (Roasted Peppers; Water; Sea Salt; Citric Acid.), Spice Sumac , Coarse Kosher Salt (Salt; Yellow Prussiate of Soda.), Ground Black Pepper.

Contains: Wheat Allergen