

# Økologisk Heltikorn Couscous 2x2,5kg

Couscous er hårdhvedegryn, der i et flerstulet forløb blødgøres, rulles til kugler, koges og tørres. Takket være denne proces er couscous lidt mildere end bulgur. Det er lækkerigt som tilbehør, til panderetter, salater og fyld og udgør en god kilde til protein og kostfibre.

[Produkt](#)

## Nutritional values

### Unprepared per 100 g

|                                |          |
|--------------------------------|----------|
| Calorific value kj             | 1461 kj  |
| Calorific value kcal           | 349 kcal |
| Fat                            | 1.7 g    |
| Of which saturated fatty acids | 0.3 g    |
| Carbohydrates                  | 68.7 g   |
| Of which sugar                 | 0.8 g    |
| Fibers                         | 6.2 g    |
| Protein                        | 11.7 g   |
| Salt                           | 0.02 g   |

## Allergens

|                          |     |
|--------------------------|-----|
| Gluten-containing cereal | Yes |
| Gluten-containing cereal | No  |
| Gluten-containing cereal | Yes |
| Gluten-containing cereal | No  |
| Gluten-containing cereal | Yes |
| Gluten-containing cereal | No  |
| Gluten-containing cereal | Yes |
| Gluten-containing cereal | No  |

|                                                                                                                   |     |
|-------------------------------------------------------------------------------------------------------------------|-----|
| Gluten-containing cereal                                                                                          | Yes |
| Chicken egg                                                                                                       | No  |
| Peanuts                                                                                                           | No  |
| Milk                                                                                                              | No  |
| Celery                                                                                                            | No  |
| Sesame seeds                                                                                                      | No  |
| Lupines                                                                                                           | No  |
| Crustaceans                                                                                                       | No  |
| Fish                                                                                                              | No  |
| Soy                                                                                                               | No  |
| Nuts                                                                                                              | No  |
| Mustard                                                                                                           | No  |
| Sulfur dioxide and sulphite                                                                                       | No  |
| Molluscs                                                                                                          | No  |
| Cashews                                                                                                           | No  |
| Spelt                                                                                                             | No  |
| Barley                                                                                                            | No  |
| Oat                                                                                                               | No  |
| Hybrid Strains                                                                                                    | No  |
| Kamut                                                                                                             | No  |
| Macadamia                                                                                                         | No  |
| Almonds                                                                                                           | No  |
| Brazil Nuts                                                                                                       | No  |
| Pecans                                                                                                            | No  |
| Horst Bode Import-Export GmbH<br>Pistachios<br>Mohnstr. 11<br>42699 Solingen<br>Germany<br>Phone: +49 212 4233667 | No  |

|           |     |
|-----------|-----|
| Rye       | No  |
| Hazelnuts | No  |
| Sesame    | No  |
| Walnuts   | No  |
| Wheat     | Yes |
| Wheat     | No  |
| Wheat     | Yes |
| Wheat     | No  |
| Wheat     | Yes |
| Wheat     | No  |
| Wheat     | Yes |
| Wheat     | No  |
| Wheat     | Yes |