

Økologisk Heltikorn Couscous, havekomposterbar pose 6x500g I MHD 24.07.2024

Couscous er hårdhvedegryn, der i et flerstulet forløb blødgøres, rulles til kugler, koges og tørres. Takket være denne proces er couscous hurtigt tilberedt, udgør en god proteinkilde og er rig på ballaststoffer. Delicious som tilbehør, til pannerechter, salater og fyld. Erstat 'bio' med 'Økologisk'.

[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

Horst Bode Import-Export GmbH

Momsnummer: DE154233667

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 Pistachios Mohnstr. 11 42699 Solingen Germany 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