

COUS COUS WITH VEGETABLE STOCK

LOW
FAT
CONTENT

For a fast and exotic dish to be seasoned to taste, Skaj's offers the new couscous with vegetable stock. The package contains 6-8 servings of pre-cooked couscous with the right amount of fat free instant vegetable stock, packed separately in a sachet (in the package). In just 5 minutes, you'll get a basic dish to be enriched at will with meat, fish or vegetables.



NEW



Cous Cous with Vegetable Stock Ingredients

- durum wheat, pre-steamed
Contains gluten.

Average nutritional values for 100 gr of granular product

| | | | |
|---------------|------------|----------|---------|
| kcal / kJ | 342 / 1452 | Fats | 1.96 g |
| Carbohydrates | 67.90 g | Proteins | 13.30 g |

Instant Vegetable Stock Ingredients:

- salt
- flavour enhancer: monosodium glutamate
- lactose
- dehydrated vegetables in varying proportions
- yeast extract
- turmeric
- spices
- flavouring

Average nutritional values for 100 gr of granular product

| | | | |
|-----------------|----------|--------------------|--------|
| kcal / kJ | 62 / 265 | Fats | 0.4 g |
| Proteins | 0.9 g | of which saturated | 0.2 g |
| Carbohydrates | 13.6 g | Fibres | 0.4 g |
| of which sugars | 7.9 g | Sodium | 29.7 g |

**READY IN
5 MINUTES**