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USE BY:

Whole Wheat
couscous

I342E

HODGSON MILL Whole Wheat
couscous

*Have a Grain Day!***Stovetop Directions:**

SERVINGS (about 1 cup cooked)	1	2	Approx. 5
Couscous	1/3 cup	2/3 cup	1 box
Water, Broth or Juice	1/2 cup	1 cup	2 cups
Olive Oil or Butter	1 tsp	2 tsp	1 Tbsp
Salt (optional)	1/8 tsp	1/4 tsp	1/2 tsp

1. In a medium saucepan, bring water, olive oil or butter and salt (optional) just to a boil.
2. Stir in couscous, cover.
3. Remove from heat. Let stand 5 minutes.
4. Fluff couscous lightly with fork before serving.

Microwave Directions:

1. Combine water and salt (optional) in a 2 quart microwave safe bowl.
2. Microwave on high until boiling. Microwaves may vary, adjust times as needed.
3. Add couscous and olive oil or butter, stir. Cover; let stand 5 minutes.
4. Fluff couscous lightly with fork before serving.

INGREDIENTS:

Couscous
(Precooked Whole Wheat
Durum Flour).
Produced in a peanut/tree
nut free environment.

Nutrition Facts

Serving Size 1/3 cup dry (57g)
Servings Per Container 5

Amount Per Serving**Calories 210** Calories from Fat 10**Total Fat 1g** % Daily Value* 2%**Saturated Fat 0g** 0%**Trans Fat 0g****Cholesterol 0mg** 0%**Sodium 0mg** 0%**Total Carbohydrate 47g** 16%**Dietary Fiber 5g** 20%**Sugars 1g****Protein 8g****Vitamin A 0%** **Vitamin C 0%****Calcium 2%** **Iron 10%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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Responsibly Produced For
Hodgson Mill, Inc.

All Natural
High Fiber
Low Fat



Whole Wheat
couscous



NET WT 11oz. 312g

U Parve

RICH IN WHOLE GRAIN
TO HELP REDUCE
THE RISK OF
HEART DISEASE AND
CERTAIN CANCERS.

"Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat and cholesterol may reduce the risk of heart disease and certain cancers!"

DID YOU KNOW?
Couscous can be used to replace rice in your favorite recipe or as a side dish.

Add your favorite herbs, spices, onions or vegetables for extra flavor and variety!

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14-1020 Whole Wheat Couscous 11oz I342E 5/13/2014

