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USE BY:

Whole Wheat
couscous
 PARMESAN CHEESE
 with Milled Flax Seed & Soy

I344C



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couscous
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 with Milled Flax Seed & Soy

Stovetop Directions:

1. In a medium saucepan, combine 1-1/4 cups water, 2 teaspoons olive oil or butter, and contents of cheese packet.
 2. Bring to a boil; stir in couscous.
 3. Cover, remove from heat. Let stand 5 minutes.
 4. Fluff couscous lightly with fork before serving.
- Yield: 3 cups

Microwave Directions:

1. Combine 1-1/4 cups water, 2 teaspoons olive oil or butter, and contents of cheese packet in 2 quart microwave-safe bowl.
2. Cover, microwave on high 5-6 minutes or until boiling. Microwaves may vary. Adjust times as needed.
3. Stir in couscous; cover. Let stand 5 minutes.
4. Fluff couscous lightly with fork before serving.

Enjoy!**Nutrition Facts**

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

Amount Per Serving		
Calories 240		Calories from Fat 25
		% Daily Value*
Total Fat 2.5g		5%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 10mg		3%
Sodium 482mg		20%
Total Carbohydrate 50g		16%
Dietary Fiber 6g		24%
Sugars 3g		
Protein 10g		
Vitamin A 4%	Vitamin C 0%	
Calcium 4%	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

PUSH TO OPEN**INGREDIENTS:**

Couscous (Precooked Whole Wheat Durum Flour), Roasted Soy Chips, Milled Flaxseed, Cheeses (Parmesan, Cheddar, Romano, Blue (Cultured Cow's Skim Milk, Salt, Enzymes), Whey, Salt, Cultured Buttermilk, Yeast Extract, Nonfat Milk, Buttermilk, Parsley, Soybean Oil, Natural Flavor, Lactic Acid.

Produced in a peanut/tree nut free environment.

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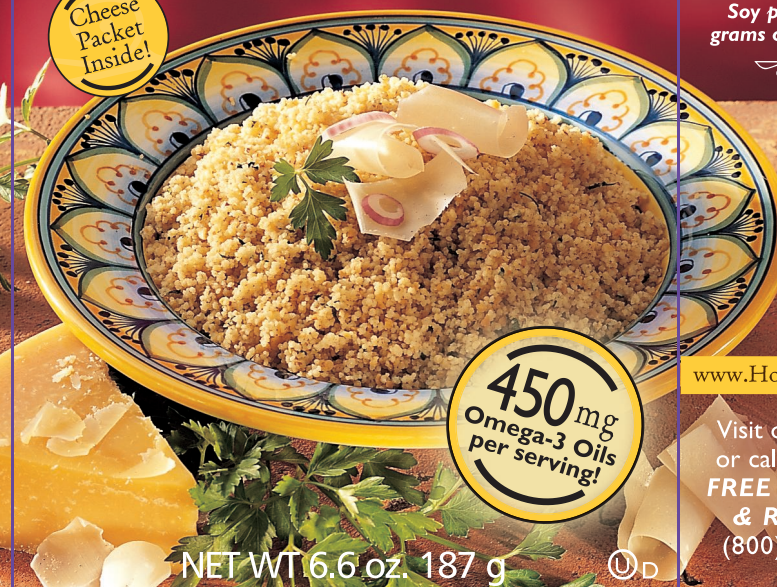
All Natural
 Low Fat

Whole Grain
 High Fiber



Whole Wheat
couscous
 PARMESAN CHEESE
 with Milled Flax Seed & Soy

Cheese
 Packet
 Inside!



NET WT 6.6 oz. 187 g

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COLORTEK

14-1200 WW Couscous Parmesan Cheese 6.6oz I344C 6/9/2014

