

10.2327

USE BY:

Whole Wheat  
**couscous**  
GARLIC & BASIL  
with Milled Flax Seed & Soy

I345C



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### Stovetop Directions:

1. In a medium saucepan, combine 1-1/4 cups water, 2 teaspoons olive oil or butter, and contents of spice 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 spice 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 235** Calories from Fat 20

		% Daily Value*
<b>Total Fat</b> 2g		4%
Saturated Fat 0g		0%
<b>Trans Fat</b> 0g		
<b>Cholesterol</b> 0mg		0%
<b>Sodium</b> 625mg		26%
<b>Total Carbohydrate</b> 50g		16%
Dietary Fiber 6g		24%
Sugars 1g		
<b>Protein</b> 10g		

Vitamin A 2% 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

PUSH TO  
OPEN

### INGREDIENTS:

Couscous (Precooked Whole Wheat Durum Flour), Roasted Soy Chips, Milled Flaxseed, Maltodextrin, Yeast Extract, Salt, Dehydrated Onion, Garlic Powder, Soy Protein Concentrate, Basil, Rosemary Extract.

Produced in a peanut/tree nut free environment.

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Responsibly Produced For  
Hodgson Mill, Inc.

All Natural  
Low Fat

Whole Grain  
High Fiber



Whole Wheat  
**couscous**  
GARLIC & BASIL  
with Milled Flax Seed & Soy

Spice  
Packet  
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450mg  
Omega-3 Oils  
per serving!

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**COLORTEK**

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