



## **Country Range Couscous & Roast Vegetables**

Chilled | Sandwich Fillers

Pack Size: **1.5kg**

Inner Barcode: **5060058316190**

Outer Barcode:

Last Updated: **22-01-2020**

## Ingredients & Allergens

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### Country of Origin

United Kingdom

### Ingredients

Couscous (60%) (Water, Durum Wheat Semolina), Chargrilled Vegetables (20%) (Diced Red & Yellow Peppers, Courgette, Aubergine, Chargrill Sauce (Water, Sugar, Malt Vinegar, (Barley) Modified Maize Starch, Tomato Paste, Salt, Rapeseed Oil, Black Pepper, Smoke Flavour, Colour (Caramel), Paprika, Cracked Black Pepper)), Mediterranean Style Dressing (19%) (Salad Dressing (Water, Spirit Vinegar, Sugar, Salt, Dijon Mustard (Water, Mustard Seeds, Spirit Vinegar, Salt), Garlic Puree, Stabiliser (Xanthan Gum), Ground White Pepper), Tomato Dressing (Water, Tomato Paste, Sugar, Rapeseed Oil, Spirit Vinegar, Salt, Lemon Juice Concentrate, Basil, Cornflour, Oregano, Acidity Regulator (Citric Acid))), Lemon Oil, Parsley, Turmeric

### Nutrition - Typical per 100g

Energy	455 kJ 108 kcal
Fat	3 g
- of which saturates	0.1 g
Carbohydrates	18 g
- of which sugars	3.3 g
Fibre	1 g
Protein	2.3 g
Salt	0.72 g

## Dietary

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### Suitability

Suitable for a Vegetarian Diet	Yes	Approved for a Halal Diet	No
Suitable for a Vegan Diet	No	Approved for a Kosher Diet	No
Suitable for Sufferers of Lactose Intolerance	No		
Suitable for Coeliacs	No		

### Contains

Contains GM Protein/DNA	No	Contains Cereal	Yes
Contains Celery	May Contain	Contains Wheat	Yes
Contains Lupin	No	Contains Rye	No
Contains Eggs	May Contain	Contains Barley	Yes
Contains Fish	No	Contains Oats	No
Contains Soybeans	May Contain	Contains Spelt	No
Contains Milk	May Contain	Contains Kamut	No
Contains Mustard	Yes	Contains Sulphur Dioxide and Sulphites	No
Contains Peanuts	No		
Contains Sesame Seeds	May Contain		
Contains Crustacea	No		
Contains Molluscs	No		
Contains Nuts	No		
Contains Almonds	No		
Contains Hazelnuts	No		
Contains Walnuts	No		
Contains Cashew Nuts	No		
Contains Pecan Nuts	No		
Contains Brazil Nuts	No		
Contains Pistachio Nuts	No		
Contains Macadamia Nuts	No		
Contains Queensland Nuts	No		
Contains Gluten	May Contain		
Contains Artificial Antioxidants	No		
Contains Artificial Colours	No		
Contains Artificial Flavourings	No		
Contains Artificial Flavour Enhancers	No		
Contains Artificial Preservatives	No		

Contains Artificial Sweeteners

No

## Handling & Cooking

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### Directions for Use

Stir well before use.

### Storage Instructions

Keep refrigerated at 0°C - 4°C. Do not freeze.

## Packaging

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### Primary packaging type

Plastic Tub

### Primary packaging dimensions (mm)

181 x 98 x 181

### Primary packaging weight

1.5kg

### Outer packaging type

Case

### Outer packaging dimensions (mm)

550 x 205 x 205

### Outer packaging weight (kg)

0.25

**Disclaimer:** All information is subject to change without notice. Our product details, including but not limited to, product names, descriptions, specifications and images, is not intended to constitute the full legal description of the products, and does not necessarily include all information. Country Range may change product specifications or information at any time and such amendments may not be updated

online immediately. For full and up-to-date details including allergens, please refer to the product packaging.