

<b>Product</b>	<b>Organic Whole Wheat Couscous</b>
<b>Deutsch</b>	Couscous Vollkorn BIO
<b>Nederlands</b>	Couscous Volkoren Biologisch
<b>Latin</b>	Couscous totum granum organicum
<b>Country of Origin</b>	Italy
<b>Article Number / Artikelnummer</b>	58330
<b>Issue date / Ausgabedatum</b>	15-11-2021
<b>Reference Code / Referenznummer</b>	20211215
<b>Control Body Number</b>	NL-BIO-01
<b>HS-Code</b>	19024010

<b>This product is</b>	Organic and not genetically modified or irradiated
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<b>Production</b>	
<b>Ingredients</b>	Durum whole wheat semolina
<b>Additives</b>	No additives
<b>Process</b>	The raw material used in the production of organic whole couscous is the organic whole durum wheat semolina, of Italian origin. The semolina, mixed with water to obtain the characteristics grains of couscous, is cooked, dried and air-cooled.

<b>Sensorial properties</b>	
<b>Smell</b>	Typical of wheat
<b>Colour</b>	Typical brown of whole wheat
<b>Taste</b>	Typical of cooked wheat
<b>Appearance</b>	typical of brown couscous

<b>Packing</b>	
<b>Net content</b>	25 kg
<b>Kind of packing</b>	Paper bags
<b>Packing size (L x W x H)</b>	360 x 140 x 600
<b>Pieces per pallet</b>	32

Shelf life	
Recommended storage conditions	Room temperature in a cool and dry place far from direct sunlight.
Maximum shelf life	24 months after production

Nutritional values (per 100 gram)		(from supplier)
Energy	1452 KJ 343 Kcal	
Protein (g)	12	
Fat (g)	2.1	Saturated: 0.4
Carbohydrates (g)	65	Sugars: 3.5
Dietary fibre (g)	8.2	
Salt (g)	0.01	

Analytical properties	
Grain size	
> 1.990 mm (%)	< 2
0.630 mm - 1.990 mm (%)	> 95
< 0.630 mm (%)	< 3
Moisture (%)	< 12.5
Ashes (%) d.m.	< 1.7
Swelling index	> 2.2
Acidity	6
Density (ml)	75 +/- . 5 / 100
Broken grains (unit/dm <sup>2</sup> )	< 4
Black grains (unit/dm <sup>2</sup> )	< 4
Filth test (n./225g)	< 50 insects fragments
Grub, insects, rodent's coat	Absent

Microbiological Properties		( from the supplier)
Total Plate Count (cfu/g)	< 10.000	
Yeast and moulds (cfu/g)	< 500	
Staph. Aureus (cfu/g)	< 100	
Enterobacteria (cfu/g)	< 100	
B. Cereus (cfu/g)	< 10	
E. Coli (cfu/g)	< 10	
Salmonella (cfu/25g)	Absent	

Allergy list		( + = present, . = absent and * = possible cross contamination)	
Cow's milk protein	.	Walnut	.
Lactose or milk sugar	.	Cashew	.
(Chicken) egg	.	Pecan nut	.
Soya protein (.derivatives)	*	Brazil nut	.
Gluten	+	Macadamia or Queensland nut	.
Wheat	+	Pistachio nut	.
Peanuts/groundnuts (.derivatives)	.	Coconut	.
Sesame	.	Hickory nut or kola nut	.
Sesame.oil	.	Lichee nut	.
Celery	.	Pili nut	.
Mustard	*	Sheanut	.
Fish	.	Pine nut or pinon nut	.
Shell.fish	.	Beech nut	.
Mollusc	.	Butternut	.
Lupine	.	Chestnut	.
Sulfite E220.E228	.	Ginko nut	-
Nuts (.derivates)	.	Chinquapin	-
Almond	.		-
Hazelnut	.		

Acceptable for:	
Vegetarians	Yes
Vegans	Yes
Lacto.vegetarians	Yes
Kosher.certified	Yes
Halal.certified	No
NOP.certified	No
Fairtrade IBD	No

**Use**

Place 250 ml of water in a large saucepan, add 1 tablespoonful of oil, 1 teaspoonful of salt and bring to boil. Remove from heat. Place in 250 g (8 oz.) of couscous and stir. Cover and allow to steep for 5 minutes. Stirring with a fork to separate the grains.

