Couscous and vegetable tartlet

WEIGHT PER UNIT 125 G

Packaging

ART.-NO.	8170
PER CARTON	4 x 1.25 kg (Bag)
CARTONS PER PAL./LAYER	99/9
EAN INDIV. PACKAGE	4006934 817000
EAN OUTER PACKAGE	4006934 817017
MDD	18 months

Nutrition

ENERGY	669 kJ / 159 kcal	DIETARY FIBRE	2,9 g
FAT	2,7 g	PROTEIN	5,2 g
OF WHICH SATURATES	0,3 g	SALT	1,7 g
CARBOHYDRATE	27 g		
OF WHICH SUGARS	5,5 g		

Preparation

STEAMER OVEN
(recommended preparation) Preheat steamer oven to 140 °C (70% hot air, 30 % steam). Bake the frozen product on a standard gastro tray for about 20 minutes.

MICROWAVE
Heat one piece of the frozen product in a greased microwave dish with a cover at 900 watts for about 2.5 minutes (4 pieces at 900 watts for about 7 minutes).

INFO
Made from couscous and tasty grilled vegetables. Lightly seasoned with fine spices.

INGREDIENTS
COUSCOUS (DURUM WHEAT product) 30 %, drinking water, grilled bell pepper 22,8 %, fried onions 4,5 % (onions, sunflower oil), broccoli 2,7 %, rapeseed oil, parsley, table salt, rice flour, starch, spices, herbs, sugar.

Contents

- No hardened fats
- No preservatives
- No artificial colouring
- No natural colouring
- lactose-free
- Vegetarian
- Vegan