

ISREALI COUCOUS AARH

Description: Round puffed balls of granular semolina.

Physical Properties

Appearance	Ivory to beige pasta balls	Method: Visual observation
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Organoleptic Properties

Flavor	Nutty.
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Chemical Properties

Moisture	Maximum: 12 %	Method: Halogen Thermogravimetric Analysis
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Microbiological Properties

E. Coli	<3 MPN/g or <10 cfu/g	Method: FDA BAM or AOAC equivalent
Salmonella	NEG/375g	Method: FDA BAM or AOAC equivalent

Packaging, Labeling, Storage

Packaging	Bag in box, food grade paper bag or to customer specification.
Receiving Conditions	Product should be shipped and handled in a sanitary manner.
Storage Conditions	Store in a dry, cool place.
Shelf Life	36 months (under optimum storage conditions).

Other

Gluten Status	This product contains the gluten proteins found in wheat, rye or barley.
Natural Status	This product is a 100% pure, natural substance. It does not contain any artificial, synthetic or natural identical additives.
BE Status	This product does not contain bioengineered ingredients.
Vegan Status	This product does not contain any animal derived products including meat, milk, seafood, eggs, honey or bone char.
Halal Status	This product does not contain alcohol, natural L-cysteine extracted from hair or feathers, animal fats and/or extracts, bloods of any origin, blood plasma, pork and/or other meat by-products & alcohol is not used as a processing aid.
SDS Waiver	To the best of our knowledge this product is non-hazardous and not subject to the requirements of 29 CFR 1910.1200. Although this product does not require specific hazard precautions, users should take care to minimize personnel exposure and workplace contamination.

ISREALI COUCOUS AARH

ALLERGEN STATEMENT

"Q #1: Does the item above contain any of the following allergens or their derivatives?"		"Q #2: Is the item above produced on equipment that comes in contact with any of the following allergens?"		"Q #3: Is the item above produced in a facility that uses or processes these allergens?"		ALLERGENS
YES	NO	YES	NO	YES	NO	
	X	X		X		MILK
	X	X		X		EGGS
	X	X		X		SOYBEANS
X		X		X		WHEAT
	X		X		X	PEANUTS
	X	X		X		TREE NUTS
	X		X		X	FISH
	X		X		X	CRUSTACEAN SHELLFISH
	X	X		X		SESAME
	X	X		X		MUSTARD
	X	X		X		ADDED SULFITES

Equipment is cleaned and sanitized between production runs to prevent allergens from contaminating non-allergenic products.

ISREALI COUCOUS

AARH

Ingredient Statement

Wheat flour. Contains wheat.

Product Certifications

Certified Kosher Parve

Proximate Analysis

Protein	12.76	g
Carbohydrate	77.43	g
Moisture	8.56	g
Ash	0.61	g
Fat	0.64	g

Nutritional Analysis

Serving Size	100.00	g
Calories	376.00	
Total Fat	0.64	g
Saturated Fat	0.12	g
Trans. Fat	0.00	g
Cholesterol	0.00	mg
Sodium	10.00	mg
Total Carbohydrates	77.43	g
Dietary Fiber	5.00	g
Sugars	0.00	g
Protein	12.76	g
Vitamin A	0.00	mcg
Vitamin C	0.00	mg
Calcium	24.00	mg
Iron	1.08	mg
Added Sugars	0.00	g
Vitamin D	0.00	mcg
Potassium	166.00	mg



MIDDLE EASTERN COUSCOUS

STORE IN A DRY, COOL PLACE.

Middle Eastern Couscous, also commonly known as Israeli couscous, is a petite, pearl-shaped pasta made from durum wheat semolina flour.

- About the size of a peppercorn when cooked
- Light, nutty flavor
- Chewy texture can stand up to more substantial sauces

Nutrition Facts	
servings per container	
Serving size 1/3 cup (55g)	
Amount per serving	
Calories	210
	% Daily Value*
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 5 mg	0%
Total Carbohydrate 43 g	16%
Dietary Fiber 3 g	11%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 7 g	
Vitamin D 0.0 mcg	0%
Calcium 10.0 mg	0%
Iron 0.6 mg	4%
Potassium 90.0 mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

BASIC PREP

Bring 4 cups of water to boil with a pinch of salt. Add 1 cup of couscous. Boil gently for 10 minutes, or until al dente. Drain and rinse with cold water or serve immediately.

SUGGESTED USES

- Convenient and versatile, it cooks in just 10 minutes and stays firm after cooking
- Especially tasty in a pilaf-style preparation with sautéed onions and garlic, but also adds substance to soups, salads, casseroles and more
- Toss chilled Middle Eastern Couscous with colorful marinated vegetables for a quick, tasty side dish

RECIPE

Middle Eastern Chicken Meatball and Couscous Soup

- 1 pound ground chicken
- 1 cup bread crumbs
- 5 cloves garlic, minced, divided
- 2 scallions, thinly sliced
- 2 teaspoons ras el hanout
- 1 tablespoon chopped cilantro
- 1 tablespoon chopped parsley
- 2 eggs, lightly beaten
- 1/2 teaspoon salt, plus more
- 1/4 teaspoon ground black pepper, plus more
- 2 tablespoons olive oil, divided
- 2 shallots, finely chopped
- 1/2 cup Natural Diced Sun-Dried Tomatoes
- 6 cups chicken broth
- 3/4 cup Middle Eastern Couscous
- 3 cups (packed) baby spinach
- 1/3 teaspoon Marash Chile Flakes (optional)

Combine chicken, bread crumbs, 2 cloves garlic, ras el hanout, cilantro, parsley, eggs 1/2 teaspoon salt and 1/4 teaspoon black pepper in a bowl. Using your hands, gently mix until well incorporated. Form mixture into 1/2-inch balls. Heat 1 tablespoon oil in a skillet over medium-high heat, and add the meatballs. Work in batches, cooking until all meatballs are golden brown (they do not need to cook through, as they will finish cooking in the soup). Heat remaining olive oil in a large soup pot over medium heat. Add shallots and remaining garlic, and cook until fragrant and slightly softened, about 2 minutes. Add sun-dried tomatoes, and continue cooking 2 more minutes, stirring constantly. Add browned meatballs, chicken broth and Middle Eastern Couscous, and increase heat to high to bring soup to a boil. Once boiling, reduce heat to maintain a simmer. Cook until couscous is soft and meatballs are cooked through, about 10 minutes. Add spinach, and cook until just wilted. Season with chile flakes, if using, and salt and black pepper to taste.

Makes 8 to 10 servings

Look no further for a tasty update to classic chicken noodle soup. The Middle Eastern spice mélange known as ras al hanout and marash chile flakes lend big flavor to this fragrant pot of soup. Hearty and substantial, Middle Eastern Couscous provides just the right amount of chewy texture, echoing the shape of the meatballs, while sun-dried tomatoes and spinach up the nutrient factor.

INGREDIENTS

Wheat Flour. Contains Wheat.



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ISREALI COUCOUS
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COUNTRY OF ORIGIN DECLARATION
FOR
ISREALI COUCOUS

THIS PRODUCT ORIGINATES FROM CANADA