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COUSCOUS

Spicy Couscous

200kcal
839kJ

Suitable for
Vegetarians

You should always consult your doctor before starting any weight loss programme.

Nutritional Information

		Per 100g	% RI* per 100g	Per 54g serving	% RI* per serving
Energy					
	kJ	1555		839	
	kcal	369		200	
Fat	g	7.8		4.2	
Of which saturates	g	1.1		0.6	
Mono-unsaturates	g	0.7		0.4	
Polyunsaturates	g	3.0		1.6	
Carbohydrate	g	48.3		26.1	
Of which sugars	g	7.6		4.1	
Starch	g	3.7		2.0	
Fibre	g	5.9		3.2	
Protein	g	23.5		12.7	
Salt	g	2.2		1.2	
Vitamin A	µg	596.3	75	322.0	40
Vitamin D	µg	3.5	70	1.9	38
Vitamin E	mg	7.9	66	4.3	36
Vitamin K	µg	49.8	66	26.9	36
Vitamin C	mg	68.7	86	37.1	46
Thiamin	mg	1.0	89	0.5	48
Riboflavin	mg	1.0	74	0.6	40
Niacin	mg	11.7	73	6.3	39
Vitamin B6	mg	0.9	66	0.5	36
Folic acid	µg	126.9	63	68.5	34
Vitamin B12	µg	1.5	61	0.8	33
Biotin	µg	31.9	64	17.2	34
Pantothenic acid	mg	4.1	69	2.2	37
Potassium	mg	1689.9	84	912.5	46
Chloride	mg	1605.6	201	867.0	108
Calcium	mg	544.0	68	293.8	37
Phosphorus	mg	580.9	83	313.7	45
Magnesium	mg	253.7	68	137.0	37
Iron	mg	10.1	72	5.5	39
Zinc	mg	6.6	66	3.5	35
Copper	mg	0.8	76	0.4	41
Manganese	mg	1.7	83	0.9	45
Selenium	µg	35.3	64	19.0	35
Chromium	µg	32.0	80	17.3	43
Molybdenum	µg	31.7	63	17.1	34
Iodine	µg	98.3	66	53.1	35

Seasoned couscous and textured wheat protein mix.

Ingredients: Couscous (durum **wheat** semolina) (46%), Textured **wheat** protein, Tagine seasoning (tomato powder, sugar, spices (paprika, cumin, cinnamon, coriander, chilli), dried glucose syrup, hydrolysed vegetable protein (**soya**), yeast extract, flavouring, onion powder, garlic powder, colour: paprika extract, herbs (coriander, mint, parsley)), **Soya** protein isolate, **Soya** lecithin, Dried red peppers, Pea protein, Inulin, Dried carrots, Conjugated linoleic acid powder (conjugated linoleic acid, sodium caseinate (**milk**), antioxidants: mixed tocopherols), Potassium phosphate, Potassium chloride, Calcium carbonate, Bouillon (sea salt, potato starch, yeast extract, palm fat, vegetable powder (parsnip, onion, parsley), maltodextrin, sugar, spices (**celery**)), Compound vitamin and mineral mixture (maltodextrin, ascorbic acid, ferrous fumarate, nicotinamide, vitamin E acetate, zinc oxide, calcium D-pantothenate, copper gluconate, manganese sulphate, thiamin hydrochloride, pyridoxine hydrochloride, riboflavin, vitamin A acetate, folic acid, potassium iodate, chromic chloride, sodium selenite, vitamin K, sodium molybdate, D-biotin, vitamin D3, vitamin B12), Garlic powder, Flavouring, Magnesium oxide, Antioxidants (ascorbyl palmitate, tocopherol rich extract, acid: citric acid), Coriander flakes.

Allergen Advice: For allergens, including cereals containing gluten, **see ingredients in bold**. Not suitable for people with nut or sesame seeds allergy.

How to make your Spicy Couscous:

(Method 1) Pour contents into a container. Add 120–150 ml of boiling water, stir well and leave for 3–5 minutes for the couscous to absorb the water. Stir the couscous with a fork to separate the grains, **IT WILL BE VERY HOT**.

(Method 2) Pour contents into a deep microwavable bowl. Add 120–150 ml hot water, stir well. Microwave† on full power for 2 minutes. Stir, allow to cool as **IT WILL BE VERY HOT**.

For both methods once prepared do not re-heat and consume within 15 minutes.

†Timings based on a 900W (cat E) microwave. Check manufacturer's instructions for other wattage.

Store in a cool dry place away from direct sources of heat. Drink at least 2.25 litres of calorie-free liquid throughout the day with any Cambridge Weight Plan® programme. Use as directed by your Cambridge Weight Plan® Consultant.

This product is a meal replacement for weight control. In conjunction with everyday food, substituting two of the main daily meals of an energy restricted diet with meal replacements contributes to weight loss. This product may also be used as part of a Total Diet Replacement.

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