Mexican Style Cous Cous



When your desire to travel comes to the table, too. In just three minutes, Nutrifree's **gluten-free, ready-to-eat couscous** with corn, beans, tomatoes, and chili pepper takes your taste buds on a trip overseas and brings back your smile.

- You can prepare & enjoy it anywhere thanks to the handy cup
- Exotic taste
- Feeling satisfied, the light way: 70 grams of couscous: a plateful of flavour
- Ready in 3 minutes

Senza Glutine

Ingredient
gluten-free corn couscous 80% (white corn flour, yellow corn flour), tomato 5.1%, brown beans 4.8%, onion 2%, salt, red pepper 1.2%, sugar, carrot 0.1%, corn 0.8%, yeast extract, garlic, paprika, parsley, chili pepper 0.2%, turmeric 0.1%, natural flavourings, coriander 0.1%, black pepper 0.01%. May contain traces of ***milk***, ***eggs***, ***soy***, ***nuts*** and ***mustard***.

Characteristics	Value per Porzione Preparata 250g
Energy kj	1135
Energy kcal	268
Fat	2,3
- of which — Saturated Fat	8,3
Carbohydrate	83
- of which — Sugars	4,2
Fibre	4,2
Protein	6,6
Salt	1,5