Caprese Cous Cous



When you're looking for a quick meal to enjoy anywhere, without compromising your simple & tasty eating habits. In just three minutes, Nutrifree's **gluten-free, ready-to-eat couscous with mozzarella, oregano and tomatoes** is the ideal lunch break to bring back a happy smile.

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

Senza Glutine

Ingredient
gluten-free corn cous-cous 80% (white corn flour, yellow corn flour), tomato 8.6%, ***whey***, dextrose, sugar, salt, onion, processed ***cheese*** powder 1% (mozzarella ***cheese*** 84%, ***whey***), yeast estract, oregano 0.24%, garlic, natural flavourings, parsley. May contain traces of ***eggs***, ***soy***, ***nuts*** and ***mustard***.

Characteristics	Value per Porzione Preparata 250g
Energy kj	1139
Energy kcal	269
Fat	2,4
- of which — Saturated Fat	0,5
Carbohydrate	54
- of which — Sugars	7,8
Fibre	3,5
Protein	6,1
Salt	1,2