

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	Characteristics	Value per Porzione Preparata 250g
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 extract, oregano 0.24%, garlic, natural flavourings, parsley. May contain traces of eggs, soy, nuts and mustard .	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