

## Triple Lion Giant Cous Cous - Information

Giant Couscous of varying size and shape

**TFS Product Code:** 031070  
**Suppliers Product Code:** 190304  
**Information Last Updated:** 07/02/2025  
**Date Produced:** 19/06/2026



### Allergy Information

Key: **Contains** **May Contain**



Sesame



Gluten



Crustaceans



Eggs



Lupin



Nuts



Milk



Celery



Sulphur Dioxide



Soya



Cereal



Peanuts



Fish



Molluscs



Mustard

### Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	360.00
Energy (kJ)	1523.00
Protein (g)	11.50
Carb (g)	73.80
Of Which Sugars (g)	1.10
Fat (g)	1.50
Of Which Saturates (g)	0.30
Fibre (g)	2.40
Salt (g)	0.03

### Dietary Information

Key: **Suitable for**



Kosher



Vegetarian



Halal



Vegan

**Please Note:** This information has been supplied by manufacturers and other third parties to Thompsons Food Service Ltd. Whilst we take steps to ensure the information is correct and regularly updated, we give no warranty and no guarantee to the accuracy of this information. Product information and ingredients may change; please always read product labels carefully in addition to this document for accuracy. Please also consider changes to ingredients when products have been substituted.

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## Ingredients

<b>WHEAT</b> Flour.

## Handling Information

### Directions for Use

For 2 Servings: **INGREDIENTS:** 1 tsp oil, 100g Giant Israeli Couscous, 250ml of boiling water. **COOKING GUIDELINES:** 1. Fry Giant Israeli Couscous in the oil for 1 minutes, stirring to coat. 2. Add the boiling water. 3. Boil and simmer with a lid on a pan for approximately 5-7 minutes, stirring occasionally. 4. Take off the heat and leave for a further 5-7 minutes before serving.

### Storage Instructions

**AMBIENT** - Store on pallets under cool, dry conditions. Do not expose to strong odours or direct sunlight.

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