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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: 11/11/2026



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.

Registered Office: Nelsons Yard, South Denes Road, Great Yarmouth, NR30 3PR, England
Company No: 07107278 VAT No: GB 986 0801 93 Directors: E. Thompson, R. Thompson, T. Thompson

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Ingredients

WHEAT 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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