Thompsons Food Service Ltd. **Nelsons Yard** South Denes Road Great Yarmouth Norfolk NR30 3PR



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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:** 19/10/2025



Allergy Information

Key: Contains















Sesame Gluten Crustaceans

Eggs

Lupin Nuts















Milk

Celery Sulphur Dioxide

Soya

Cereal Peanuts

Nutritional Information

100g or 100ml Serving Unit:

360.00 Energy (kcal) 1523.00 Energy (kJ) Protein (g) 11.50 73.80 Carb (q) Of Which Sugars (g) 1.10

Fat (g) 1.50

Of Which Saturates

0.30 (g) Fibre (g) 2.40 Salt (g) 0.03









Molluscs Mustard Fish

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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