

## 1. DESCRIPTION

Yellow, uniform granular particles. Cous-cous is produced from selected durum wheat semolina which is moistened, and sprayed into an oven which agglomerates the particles. The particles are partially cooked under steam, dried, and sieved to the required particle size. Wholemeal cous-cous retains the bran.

## 2. NUTRITIONAL ANALYSIS

<b>Nutrition Value</b>	<b>per 100 g</b>
Energy	1482.13 kJ / 354 Kcal
Fat	2.0 g
- Saturates	0.3 g
Carbohydrates	72.0 g
- Sugar	2.3 g
Protein	12.0 g
Fiber	9.0 g
Salt*	0.01 g
Sodium	0.003 g

\* From naturally occurring sodium only

## 3. MICROBIOLOGICAL ANALYSIS

TVC	<100.000 cfu/g
E coli	<10cfu/g
Salmonella	Absent in 25g
Yeast	<1000 cfu/g
Mould	<1000 cfu/g

#### **4. QUALITY**

The couscous is magnetic detected on entry into process. It is metal detected in process to less than 2 mm ferrous and non-ferrous. The production of couscous is certified Kosher by the Beth Din de Paris. The grain shall be free of live infestation and evidence of contamination by rodents and birds. Pathogenic bacteria must not be present at levels injurious to human health. This product shall comply with the requirements of the 1990 Food Safety Act and other pertinent legislation.

#### **5. ORGANIC PROVISIO**

Due to the limited supplies of certified organic produce, we cannot guarantee that specifications will be met in every detail at all times. For example, there might be occasions when we deem it more important to remain in stock than to reject a product which may vary from our ideal in terms of appearance.

#### **6. SHELF LIFE**

Couscous will keep for one year if stored cool, dry and away from sunlight.

#### **7. METAL AND HEAVY METAL ANALYSIS**

	<b>Wholemeal</b>	<b>White</b>
Iron	32.0 ppm	21.0 ppm
Lead	< 0.006 ppm	0.006 ppm
Mercury	0.011 ppm	<0.006 ppm
Cadmium	0.048 ppm	0.065 ppm
Arsenic	<0.006 ppm	< 0.006 ppm
Zinc	35.0 ppm	20.0 ppm
Copper	4.5 ppm	3.8 ppm
Aluminium	1.8 ppm	2.26 ppm

## 8. ALLERGEN INFORMATION

Allergen	Free From Y/N	P,A,C	Comments
<b>(Gluten) Wheat, rye, barley, oats, spelt, kamut</b>	<b>N</b>	<b>P</b>	<b>WHEAT</b>
Eggs	Y	A	
Peanuts	N	C	
Soybeans	N	C	
Milk	Y	A	
Nuts (almond, hazelnut, walnut, cashew, pecan, brazil, pistachio, macadamia, Queensland)	N	C	
Celery (celery stick and celeriac)	Y	A	
Mustard	Y	A	
Sesame seeds	N	C	
Lupin	Y	A	
Sulphur Dioxide and sulphites (levels above 10mg/kg )	N	C	

**P**= Present

**A**=Absent

**C**= Possible cross contamination in transport, packing or production