

Nutrition Facts

Serving Size

0.5 cup

Calories
per serving **170**

Amount/serving	% DV	Amount/serving	% DV
Total Fat 5g	6%	Total Carb. 26g	10%
Saturated Fat 0g	0%	Fiber 1g	3%
<i>Trans Fat</i> 0g		Total Sugars 0g	
Cholesterol 0mg	0%	Incl.0g Added Sugars	0%
Sodium 55mg	2%	Protein 5g	

Vitamin D 0% · Calcium 2% · Iron 6% · Potassium 2%

Herbed Israeli Couscous

Ingredients: water, isareli couscous, yellow onion, grape seed oil, garlic, fresh basil, kosher salt, fresh oregano, thyme, black pepper