

CODE 744

FISH COUS COUS



INGREDIENTS

SOUP 81.6%: molluscs, crustaceans and fish 33% (Chilean **mussel** 12%, Indo-Pacific **shrimp** 7%, Atlantic hake 7%, Giant Pacific **squid** 7%) water, carrots 10%, tomato paste, spinach, onion, celery, **soy** sauce (water, **soy** seeds, **wheat**, salt), parsley, chives, salt, sunflower seeds oil, chilli pepper. COUSCOUS 18.4%: durum wheat semolina.

WEIGHT 380g

SHELF-LIFE 18 days

NUTRITIONAL VALUES ON AVERAGE

per 100 g of product:

Energy	466 kJ - 111 kcal
Fat	1,8 g
of which saturated	0,3 g
Carbohydrate	16,4 g
of which sugars	2,0 g
Protein	7,3 g
Salt	1,0 g