



DO-IT Food Ingredients BV
Hermesweg 7
3771 ND Barneveld
The Netherlands
www.doitorganic.com

Bank: Rabobank
Bank Account: 3431.22.596
IBAN:
NL82RABO0343122596
Swift-BIC: RABONL2U
VAT: NL 860149882B01

OrganicCert: NL-BIO-01
OrganicNr: Skal 108273
Telephone: +31 85 487 0487
Email: sales@organic.nl
CoC: 75119048

PRODUCT INFORMATION

See www.doitorganic.com

Product	Organic whole wheat couscous
Code	10163
Country of agricultural origin	Italy
Country of last processing	Italy
Last update	25-03-2024
This product is	Organic and not genetically modified or irradiated

Production	
Ingredients	Organic durum whole wheat semolina
Additives	No additives
Process	The raw material used in the production of organic whole couscous is the organic whole durum wheat semolina, of Italian origin. The semolina, mixed with water to obtain the characteristics grains of couscous, is cooked, dried and air-cooled.

Sensorial properties	
Smell	Typical of wheat
Colour	Typical brown of whole wheat
Taste	Typical of cooked wheat
Appearance	typical of brown couscous

Packing	
Net content	25 kg
Kind of packing	Paper bags
Packing size (L x W x H)	360 x 140 x 600
Pieces per pallet	32

Shelf life	
Recommended storage conditions	Room temperature in a cool and dry place far from direct sunlight.
Maximum shelf life	24 months after production



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Nutritional values (per 100 gram)		(from NEVO)
Energy	1449 KJ 342 Kcal	
Protein (g)	12	
Fat (g)	1.9	Saturated: 0.3
Carbohydrates (g)	65	Sugars: 2.4
Fibre (g)	8.4	
Salt (g)	0.01	

Analytical properties	
Grain size	
> 1.990 mm (%)	< 2
0.630 mm – 1.990 mm (%)	> 95
< 0.630 mm (%)	< 3
Moisture (%)	< 12.5
Ashes (%) d.m.	< 1.7
Swelling index	> 2.2
Acidity	6
Density (ml)	75 +/- 5 / 100
Broken grains (unit/dm ²)	< 4
Black grains (unit/dm ²)	< 4
Filth test (n./225g)	< 50 insects fragments
Grub, insects, rodent's coat	Absent

Microbiological Properties (from the supplier)	
Total Plate Count (cfu/g)	< 10.000
Yeast and moulds (cfu/g)	< 500
Staph. Aureus (cfu/g)	< 100
Enterobacteria (cfu/g)	< 100
B. Cereus (cfu/g)	< 10
E. Coli (cfu/g)	< 10
Salmonella (cfu/25g)	Absent



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Allergy list (+ = present, - = absent and * = possible cross contamination)			
Cow's milk protein	-	Walnut	-
Lactose or milk sugar	-	Cashew	-
(Chicken) egg	-	Pecan nut	-
Soya protein (-derivatives)	*	Brazil nut	-
Gluten	+	Macadamia or Queensland nut	-
Wheat	+	Pistachio nut	-
Peanuts/groundnuts (-derivatives)	-	Coconut	-
Sesame	-	Hickory nut or kola nut	-
Sesame-oil	-	Lichee nut	-
Celery	-	Pili nut	-
Mustard	*	Sheanut	-
Fish	-	Pine nut or pinon nut	-
Shell-fish	-	Beech nut	-
Mollusc	-	Butternut	-
Lupine	-	Chestnut	-
Sulfite E220-E228	-	Ginko nut	-
Nuts (-derivates)	-	Chinquapin	-
Almond	-		-
Hazelnut	-		-

Acceptable for:	
Vegetarians	Yes
Vegans	Yes
Lacto-vegetarians	Yes
Kosher-certified	Yes
Halal-certified	Yes
NOP-certified	No
Fairtrade IBD	No

Use	Place 250 ml of water in a large saucepan, add 1 tablespoonful of oil, 1 teaspoonful of salt and bring to boil. Remove from heat. Place in 250 g (8 oz.) of couscous and stir. Cover and allow to steep for 5 minutes. Stirring with a fork to separate the grains.
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