

PRODUCT INFORMATION

See also www.organic.nl

Product	Organic whole spelt couscous
Code	10167
Country of agricultural origin	Italy
Country of last processing	Italy
Last update	13-04-2021
This product is	Organic and not genetically modified or irradiated

Production	
Ingredients	Whole spelt flour
Additives	No additives
Process	Raw material used in the production of couscous is organic whole SPELT flour. The flour, mixed with water to obtain the characteristics grains of couscous, is cooked, dried and air-cooled

Sensorial properties	
Smell	typical of spelt, no smell and abnormal taste
Colour	Clear brown tonal
Taste	typical of spelt, no smell and abnormal taste
Appearance	Grains are easy to melt. Elastic grains, not floury and not pasty.

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

Nutritional values (per 100 gram)		(from supplier)
Energy	1507 KJ 356 Kcal	
Protein (g)	12	
Fat (g)	2.2	Saturated: 0.4
Carbohydrates (g)	69	Sugars: 4.6
Dietary fibre (g)	6.1	
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.	< 1.8
Swelling index	> 2.2
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

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 or pumpkin seed	-
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	No
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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