## Couscous Mardi Gras Confetti

Heating Instructions: Remove plastic lid. Cover loosely with foil. Heat at 350° for 25-30 minutes or until warm.

## **Nutrition Facts**

Serving Size: 4 oz (76g)

Servings Per Container: Varied

Amount per servin	g		
Calories 176		Calories fr	rom Fat 0
		% Da	ily Value'
Total Fat 5g			1%
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 0mg			0%
Total Carbohydra	te 2g		12%
Dietary Fiber 4g			16%
Sugars 0g			
Protein 6g			
Vitamin A 0%	•	Vitamin C 0%	
Calcium 2%	•		Iron 10%
* Percent Daily Values ar values may be higher or			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total carbohydrate		300g	375g

INGREDIENTS: WHEAT FLOUR SPEICAL BLEND (CONTAINS GLUTEN) ANNOTTO POWDER, BLUE CORN POWDER, SAFFRON, LEMON PEEL, LAVENDER POWDER. BLACK PEPPERCORN. SPINACH POWDER. TOMATO POWDER. PAPRIKA. ANTIOXID ENT EXTRACT (TURMERIC. ROSEMARY)

CONTAINS: WHEAT