



BERNARD
FOOD INDUSTRIES, INC.®

CHICKEN & HERB KOOSKOOS®

REORDER 302303

KoosKoos® is a Trade Marked name for the Bernard line of Couscous Side Dish/Entrée products. Couscous itself is a 100% Whole Grain product that is made from durum wheat and is closely related to pasta but with a 25% lower glycemic load than pasta (that means it will raise one's blood sugar less than pasta) and a superior vitamin profile when compared to pasta. Couscous is considered to be among the healthiest grain-based products due to its protein content and low fat-to-calorie ratio.

Couscous has long been popular in Middle East and Mediterranean diets and is becoming more common in North America for its healthful benefits and our expanding desire for ethnic foods.

Bernard KoosKoos® Mixes are quick and easy to prepare and make a flavorful, healthy side dish, or can be used as the foundation for a variety of Entrées, served in wraps or even as a taco shell filling.

Chicken & Herb KoosKoos® is a mildly seasoned Chicken flavor couscous.

Santa Fe KoosKoos® is a Southwest flavored couscous.

Tuscan KoosKoos® is a mildly Italian flavored couscous.

- Each ½ cup serving of Bernard KoosKoos® products will provide one Grain oz. equivalent •

YIELD: 240-½ CUP SERVINGS

PACK SIZE: 8 @ 2 LB.

Nutrition Facts

Serving Size 1/2 cup prepared (30g mix)
Servings Per Container 30

Amount Per Serving

Calories 120 Calories from Fat 5

% Daily Value *

Total Fat 1 g **1%**

Saturated Fat 0 g 0%

Trans Fat 0 g

Cholesterol 0 mg **0%**

Sodium 290 mg **12%**

Potassium 50 mg **2%**

Total Carbohydrate 22 g **7%**

Dietary Fiber 2 g 10%

Sugars 1 g

Protein 4 g **8%**

Vitamin A 0%

Vitamin C 2%

Calcium 1%

Iron 6%

* Percent Daily Values are based on a 2000 calorie diet. Your values may be higher or lower depending on your needs:

		Calories:	2,000	2,500
Total Fat	Less than		65 g	80 g
Saturated Fat	Less than		20 g	25 g
Cholesterol	Less than		300 mg	300 mg
Sodium	Less than		2400 mg	2400 mg
Total Carbohydrate			300 g	375 g
Dietary Fiber			25 g	30 g

Ingredients: COUSCOUS (PRECOOKED WHOLE WHEAT DURUM FLOUR), HYDROLYZED CORN PROTEIN, MALTODEXTRIN, SEASONING (SUGAR, ONION POWDER, TURMERIC, SPICE EXTRACTIVES, TRICALCIUM PHOSPHATE), SUNFLOWER OIL, ONION POWDER, GARLIC POWDER, PARSLEY, GREEN BELL PEPPER, SPICE, DISODIUM INOSINATE AND DISODIUM GUANYLATE.

Contains WHEAT