

RAPUNZEL Couscous, 500g



article number	barcode (item)	barcode (packaging)	eco-ID	
420230	 4 006040 120414	 4 006040 120407	2465	

Brand

Rapunzel



Quality

EU organic logo, italian agriculture

Marketing text

This traditional ingredient of the Northern African dishes made from durum wheat semolina is very versatile. Quick preparation in only 5 minutes.

Particularities

cultivated in Europe, packed by Rapunzel

Usage instructions

Ideal for fillings or as a side dish, in combination with legumes such as chickpeas, in vegetables dishes and salads. Also delicious with sweet ingredients such as figs, dates or raisins.

Consumer storage instructions supplement

Store in a cool and dry place.

Preparation instructions

Pour 300 ml boiling water over 250 g couscous. Add salt, cover and let soak for 5 minutes. Use a fork to fluff it up.

Manufacturing

The durum wheat semolina is grated into small pieces. It is then cooked, dried, sifted and packed.

Origin

Italy (IT)

Origin of the raw materials

Italy

Ingredients

DURUM WHEAT* pre-cooked

allergenic ingredients: Gluten

*= ingredients from organic farming



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Allergy notes

not in production and pollution excluded : Eggs and egg products, Peanuts and peanut products, Fish and fish products, Crustaceans and products, Lupine and lupine products, Milk and dairy products including lactose, Nuts and nut products, Celery and celery products, Sesame seeds and sesame products, Molluscs and mollusc products, Spelt, Barley, Oats, Kamut, Rye, Cashew, Hazelnut, Macadamia, Brazil nut, Pecan, Pistachio, Walnut, Lactose, Cocoa, Cinnamon

contained: Gluten, Wheat

traces possible: Mustard and products thereof, Soybeans and soyproducts

no: Sulphur dioxide and sulphites > 10mg/kg

Further properties

vegan ✓ vegetarian ✓

Product group specific information

Legal product category..... food
Sweetener..... not sweetened
Preparation type..... Cooking pot

Quality

Organic product..... yes
Official organic labels..... EU organic logo
Organic certification body..... DE-ÖKO-006

Other designations

Product name medium version..... Couscous

Legal information

Legal designation of the product..... Couscous
Adress of distributor..... Rapunzel Naturkost GmbH & Co. KG, Rapunzelstraße 1, D-87764 Legau;
info@rapunzel.de
E-Mail of distributor..... info@rapunzel.de

Nutritional values & analysis results based on 100 g

Energy in kJ / 100 g or 100 ml..... 1508 kJ / 356 kcal
Fat..... 2,00 g
of which saturates..... 0,30 g
Carbohydrates..... 71,00 g
of which sugars..... 3,00 g
Fibre..... 5,0 g
Protein..... 11,00 g
Salt..... 0,010 g

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Details of the trade (btob)

Batch-numbered	batched
Available from date	2014-10-13
Trade item date on packaging	best before on the packaging
Minimum shelf life for retailers	150 days
Min. lifespan from time of departure warehouse	210 days
Storage minimum temperature	8 °C
Storage maximum temperature	30 °C
Storage instruction for wholesalers	storage in a dry environment
Import classification value	19024010
Weight PU1 content	3 kg

Details of the consumer unit

Orderable piece	no
Sales designation of piece	piece
Packaging marked language code	German, italian

Dimensions and weights of the consumer unit

Width of a piece	85 mm
Depth of a piece	55 mm
Height of a piece	155 mm
Gross weight of a piece	0,505 kg
Net weight in kg	0,500 kg

Details of pu1 (packaging unit / container)

Orderable unit trade item 1	yes
GTIN pu printed on cardboard	yes
Quantity of pieces in PU1	6 pcs
Sales designation of PU1	carton

Dimensions and weights of the retailer unit

Width of pu1	138 mm
Depth of pu1	257 mm
Height of pu1	175 mm
Gross weight of the pu1	3,138 kg

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Details of the pallet

Pallet.....	1 / 1 EURO pallet
Handling of pallet.....	Exchange pallets
Width of the pallet.....	800 mm
Depth of the pallet.....	1200 mm
Height of unloaded pallet.....	144 mm
Max. height of the pallet.....	1019 mm
Gross weight pallet.....	412,250 kg
Quantity of PU in 1 layer.....	25
Quantity of PU on pallet.....	125
Pallets stackable.....	yes
Transport stacking factor.....	1
Unit stacking factor.....	2

Prices and conditions

Base price factor.....	2,000
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Other

Is packaging marked with ingredients.....	yes
Full declaration on label.....	no