

**COUSCOUS WITH CHIVES & SAFFRON****DUTCH VALLEY****NutriPar****September 2, 2005**

<b>Nutrition Facts</b>	
Serving Size 1/3 cup (dry) (45 grams)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories 170</b>	<b>Calories from Fat 30</b>
% Daily Value*	
<b>Total Fat 3g</b>	<b>5%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 470mg</b>	<b>20%</b>
<b>Total Carbohydrate 31g</b>	<b>10%</b>
Dietary Fiber 2g	8%
Sugars 1g	
<b>Protein 5g</b>	
Vitamin A 20%	• Vitamin C 0%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

**Ingredients: Couscous (durum wheat semolina), soybean/vegetable oil, chicken broth/seasoning (salt, sweetener (sugar&/or dextrose &/or sorbitol), hydrolyzed corn protein, natural flavor (autolyzed yeast extract, salt, sugar, whey, lactic acid), chicken fat, disodium inosinate&disodium guanylate, dried chicken (natural flavor) parsley, turmeric color, onion&celery&garlic powders), onions, carrots, garlic, chives, butter flavor (maltodextrin, salt, natural flavors, buttermilk solids, cornstarch, soybean oil, paprika & turmeric extracts, garlic salt, black pepper, saffron**