

## Lemon, Spinach & Whole Wheat Couscous

**Nutrition Facts** Serving Size: 3.810478 ounces (108.0251g), Servings Per Container: 1, Amount Per Serving: **Calories** 120, Calories from Fat 0, **Total Fat** 0.5g (1% DV), Saturated Fat 0g (0% DV), *Trans* Fat 0g, **Cholesterol** 0mg (0% DV), **Sodium** 15mg (1% DV), **Total Carbohydrate** 25g (8% DV), Dietary Fiber 5g (20% DV), Sugars 0g, **Protein** 5g, Vitamin A (8% DV), Vitamin C (10% DV), Calcium (2% DV), Iron (8% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Ingredients:** Tap Water; whole wheat couscous; Lemon Juice; Spinach, Trimmed Leaves; Tap Water; Scallions, Green or Spring Onions; Dill Weed; Low Sodium Vegetable Base, Minor's; Black Pepper

