

# Nutrition Facts

Serving Size  
0.5 cup

Calories  
per serving **170**

Amount/serving	% DV	Amount/serving	% DV
<b>Total Fat</b> 5g	<b>6%</b>	<b>Total Carb.</b> 26g	<b>10%</b>
Saturated Fat 0g	<b>0%</b>	Fiber 1g	<b>3%</b>
<i>Trans Fat</i> 0g		Total Sugars 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>	Incl.0g Added Sugars	<b>0%</b>
<b>Sodium</b> 55mg	<b>2%</b>	<b>Protein</b> 5g	
Vitamin D 0% · Calcium 2% · Iron 6% · Potassium 2%			

## Herbed Israeli Couscous

Ingredients: water, isareli couscous, yellow onion, grape seed oil, garlic, fresh basil, kosher salt, fresh oregano, thyme, black pepper