



# Couscous Groats

FOOD.BRAND

FOOD.CATEGORY

**Vegan**

## Nutrients

|                      |                     |
|----------------------|---------------------|
| <b>CALORIES</b>      | 359 kcal (per 100g) |
| <b>PROTEIN</b>       | 13.0g (per 100g)    |
| <b>FAT</b>           | 1.0g (per 100g)     |
| <b>CARBOHYDRATES</b> | 77.0g (per 100g)    |
| <b>FIBER</b>         | 5.0g (per 100g)     |

## Detailed Nutrient List

|                       |                          |                  |                                   |
|-----------------------|--------------------------|------------------|-----------------------------------|
| <b>FAT</b>            |                          |                  | 1 g                               |
| David Janitzek Diets  | Contact:                 | Web:             | Bank Details                      |
| Premium <b>IRON</b>   | Email:                   | dietspremium.com | Bank: Deutsche Bank 4.8 mg        |
| Krumbacher Straße 26  | support@dietspremium.com |                  | IBAN: DE26 7207 0024 0064 1910 00 |
| 86424 Dinkelscherben, | Tel.: +49 1520 744 5675  |                  | SWIFT (BIC): DEUTDEDB720          |
| Germany <b>ZINC</b>   |                          |                  | 3.4 mg                            |
| VAT ID: DE453108867   |                          |                  |                                   |



|                                |         |
|--------------------------------|---------|
| <b>FIBER</b>                   | 5 g     |
| <b>SODIUM</b>                  | 5 mg    |
| <b>COPPER</b>                  | 0.78 mg |
| <b>VITAMIN B3 (NIACIN)</b>     | 2.3 mg  |
| <b>PROTEIN</b>                 | 13 g    |
| <b>CALCIUM</b>                 | 10 mg   |
| <b>VITAMIN B1 (THIAMIN)</b>    | 0.73 mg |
| <b>MAGNESIUM</b>               | 100 mg  |
| <b>POTASSIUM</b>               | 220 mg  |
| <b>MANGANESE</b>               | 1.61 mg |
| <b>PHOSPHORUS</b>              | 240 mg  |
| <b>VITAMIN B6 (PYRIDOXINE)</b> | 0.75 mg |
| <b>VITAMIN B2 (RIBOFLAVIN)</b> | 0.38 mg |
| <b>CARBOHYDRATE</b>            | 77 g    |
| <b>FATTY SATURATED</b>         | 0.6 g   |
| <b>FATTY MONOUNSATURATED</b>   | 0.6 g   |
| <b>FATTY POLYUNSATURATED</b>   | 1.28 g  |
| <b>WATER</b>                   | 10 g    |
| <b>SUGAR</b>                   | 0.2 g   |
| <b>VITAMIN B9 (FOLATE)</b>     | 30 µg   |
| <b>CHOLESTEROL</b>             | 0 mg    |
| <b>FATTY TRANS</b>             | 0 g     |
| <b>SALT</b>                    | 0.012 g |

David Janitzek Diets  
 Premium  
 Krumbacher Straße 26  
 86424 Dinkelscherben,  
 Germany  
 VAT ID: DE453108867

Contact:  
 Email: support@dietspremium.com  
 Tel.: +49 1520 744 5675

Web:  
 dietspremium.com

Bank Details  
 Bank: Deutsche Bank  
 IBAN: DE26 7207 0024 0064 1910 00  
 SWIFT (BIC): DEUTDE33  
 37.7 µg



|               |       |
|---------------|-------|
| <b>ASH</b>    | 0.8 g |
| <b>STARCH</b> | 75 g  |

*The information contained in this document is for educational purposes only and does not replace medical advice.*

David Janitzek Diets  
Premium  
Krumbacher Straße 26  
86424 Dinkelscherben,  
Germany  
VAT ID: DE453108867

Contact:  
Email:  
support@dietspremium.com  
Tel.: +49 1520 744 5675

Web:  
dietspremium.com

Bank Details  
Bank: Deutsche Bank  
IBAN: DE26 7207 0024 0064 1910 00  
SWIFT (BIC): DEUTDEDB720