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| --- | --- |
| Food: | COUS COUS |

| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| --- | --- | --- | --- | --- | --- |
| Ella's Kitchen Veggie | 120 | 23 | 0.1 | 3.9 | 1.50 |
| Ella's Kitchen 7 Mths+ Zingy Lamb Cous Cous with Apricots & Raisins | 130 | 29 | 0.5 | 3.4 | 1.50 |
| Waitrose LoveLife Calorie Controlled roasted vegetable | 280 | 50 | 0.1 | 9.0 | 2.50 |
| Morrisons Wholefoods | 500 | 54 | 0.0 | 10.9 | 0.70 |
| Tesco Roasted Vegetable Flavour | 110 | 55 | 0.2 | 9.3 | 0.45 |
| essential Waitrose | 500 | 56 | 0.1 | 11.6 | 0.68 |
| Iceland 4 Vegetable Couscous Steam Bags | 500 | 57 | 0.1 | 9.3 | 2.00 |
| Tesco Whole Wheat | 500 | 60 | 0.1 | 11.1 | 0.70 |
| Sainsbury's Sundried Tomato & Garlic | 110 | 60 | 0.2 | 11.3 | 0.45 |
| Prep Co Mediterranean Cous Cous | 73 | 62 | 0.5 | 8.5 | 1.99 |
| ASDA Spicy Vegetable Cous Cous | 500 | 66 | 0.2 | 9.0 | 1.79 |
| ASDA Spicy Vegetable | 500 | 66 | 0.2 | 9.0 | 1.79 |
| Ainsley Harriott Sundried Tomato & Garlic | 100 | 67 | 0.1 | 12.6 | 0.50 |
| Ainsley Harriott Wild Mushroom | 100 | 67 | 0.1 | 12.7 | 0.50 |
| Ainsley Harriott Lemon Parsley & Mint | 100 | 67 | 0.1 | 12.6 | 0.50 |
| Batchelors Cous Cous Peri-Peri | 90 | 68 | 0.1 | 13.3 | 0.50 |
| Ainsley Harriott Tomato & Chilli | 100 | 68 | 0.1 | 12.7 | 0.50 |
| Waitrose Roasted Vegetable | 200 | 68 | 0.2 | 9.3 | 2.00 |
| Batchelors Cous Cous Chilli Beef | 90 | 68 | 0.1 | 13.4 | 0.50 |
| Batchelors Spice Sensation | 90 | 68 | 0.1 | 13.2 | 0.50 |
| Ainsley Harriott Spice Sensation | 100 | 69 | 0.1 | 12.3 | 0.50 |
| Ainsley Harriott Moroccan Medley | 100 | 69 | 0.1 | 12.6 | 0.50 |
| Ainsley Harriott Aromatic Thai Style | 100 | 69 | 0.1 | 12.7 | 0.50 |
| Batchelors Mushroom & Garlic | 90 | 69 | 0.1 | 13.5 | 0.50 |
| Batchelors Cous Cous Chicken & Roasted Vegetable | 90 | 69 | 0.1 | 13.3 | 0.50 |
| Batchelors Roasted Vegetable | 90 | 69 | 0.1 | 13.4 | 0.50 |
| Sainsbury's Cous Cous Coriander & Lemon | 110 | 70 | 0.1 | 13.8 | 0.45 |
| Waitrose Cauliflower & Kale | 300 | 72 | 0.0 | 9.9 | 2.00 |
| ASDA Spicy Vegetable | 110 | 72 | 0.2 | 13.5 | 0.42 |
| Morrison Spicy Vegetable | 110 | 72 | 0.2 | 13.4 | 0.60 |
| Morrisons Tomato & Garlic | 110 | 72 | 0.2 | 13.6 | 0.60 |
| Waitrose garlic & coriander | 110 | 72 | 0.6 | 12.8 | 0.93 |
| GOOD TO GO Sweet Potato, Bulgur & Couscous | 290 | 72 | 0.6 | 7.0 | 3.00 |
| Tesco Mediterranean Style | 110 | 73 | 0.2 | 13.4 | 0.45 |
| Waitrose lemon & garlic | 110 | 73 | 0.5 | 13.1 | 0.93 |
| Morrisons Mediterranean | 110 | 73 | 0.2 | 13.9 | 0.60 |
| Waitrose tomato & onion | 110 | 73 | 0.4 | 13.2 | 0.93 |
| ASDA Mediterranean Style Tomato | 110 | 74 | 0.3 | 13.0 | 0.42 |
| ASDA Sun-Dried Tomato | 280 | 74 | 0.2 | 12.0 | 2.00 |
| Tesco Lemon And Coriander | 110 | 74 | 0.2 | 13.8 | 0.45 |
| Tesco Mushroom | 110 | 74 | 0.3 | 13.6 | 0.45 |
| GAMA | 500 | 74 | 0.2 | 36.5 | 1.25 |
| Iceland Roast Vegetable | 280 | 75 | 0.2 | 13.0 | 1.00 |
| Sainsbury's Roasted Vegetable | 110 | 76 | 0.3 | 14.6 | 0.45 |
| Morrison Lemon & Coriander | 110 | 76 | 0.2 | 14.7 | 0.60 |
| Sainsbury's Chargrill Vegetable Cous Cous | 200 | 76 | 0.2 | 13.8 | 1.50 |
| ASDA 2 Steam Bags Cous Cous & Quinoa Warm Salad | 400 | 77 | 0.1 | 13.5 | 1.25 |
| ASDA Coriander & Lemon | 110 | 78 | 0.2 | 15.0 | 0.42 |
| Tesco Finest Vegetable | 250 | 78 | 0.2 | 11.6 | 2.25 |
| Waitrose LOVE life wholewheat | 500 | 79 | 0.2 | 14.4 | 0.99 |
| Waitrose Duchy Organic | 500 | 79 | 0.1 | 15.7 | 1.05 |
| Morrisons Roasted Veg | 250 | 80 | 0.3 | 10.2 | 2.00 |
| Gefen Israeli | 250 | 81 | 0.0 | 37.8 | 1.00 |
| Sainsbury's Cous Cous | 500 | 81 | 0.1 | 14.9 | 0.70 |
| Sainsbury's Cous Cous, SO Organic | 500 | 81 | 0.1 | 14.9 | 1.20 |
| Delphi Couscous With Chargrilled Vegetables And Olive Oil | 160 | 87 | 0.5 | 13.0 | 1.46 |
| ASDA Cous Cous | 500 | 89 | 0.1 | 17.5 | 0.60 |
| Morrisons Fruity | 250 | 90 | 0.2 | 15.4 | 2.00 |
| Iceland Fruity | 280 | 91 | 0.2 | 14.8 | 1.00 |
| Waitrose Moroccan Spiced Fruity | 235 | 94 | 0.4 | 14.6 | 2.00 |
| Waitrose fruity Moroccan | 410 | 94 | 0.4 | 14.6 | 3.00 |
| Morrisons Moroccan | 250 | 98 | 0.3 | 15.7 | 2.25 |
| Tesco Cous Cous | 1000 | 102 | 0.2 | 19.1 | 1.35 |
| Tesco Finest Toasted Cous Cous And Aged Feta | 180 | 102 | 1.4 | 9.8 | 2.25 |
| Sainsbury's Moroccan | 200 | 102 | 0.2 | 16.6 | 2.25 |
| Tesco Finest Moroccan | 250 | 108 | 0.3 | 13.5 | 2.25 |
| Gama For Goodness Sake Cous Cous | 1000 | 175 | 0.2 | 36.5 | 2.05 |
| Cypressa Cous cous | 500 | 177 | 0.3 | 35.0 | 1.00 |
| Osem Israel | 250 | 180 | 0.2 | 37.0 | 0.85 |

* Values Shown Per 50 Grams Serving

| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| --- | --- | --- | --- | --- | --- |
| Ella's Kitchen Veggie | 120 | 45 | 0.1 | 7.7 | 1.50 |
| Ella's Kitchen 7 Mths+ Zingy Lamb Cous Cous with Apricots & Raisins | 130 | 57 | 0.9 | 6.7 | 1.50 |
| Waitrose LoveLife Calorie Controlled roasted vegetable | 280 | 100 | 0.2 | 18.0 | 2.50 |
| Morrisons Wholefoods | 500 | 107 | 0.0 | 21.8 | 0.70 |
| Tesco Roasted Vegetable Flavour | 110 | 109 | 0.3 | 18.5 | 0.45 |
| essential Waitrose | 500 | 112 | 0.2 | 23.2 | 0.68 |
| Iceland 4 Vegetable Couscous Steam Bags | 500 | 114 | 0.2 | 18.6 | 2.00 |
| Tesco Whole Wheat | 500 | 119 | 0.2 | 22.1 | 0.70 |
| Sainsbury's Sundried Tomato & Garlic | 110 | 119 | 0.3 | 22.5 | 0.45 |
| Prep Co Mediterranean Cous Cous | 73 | 123 | 1.0 | 17 | 1.99 |
| ASDA Spicy Vegetable Cous Cous | 500 | 131 | 0.4 | 18 | 1.79 |
| ASDA Spicy Vegetable | 500 | 131 | 0.4 | 18 | 1.79 |
| Ainsley Harriott Sundried Tomato & Garlic | 100 | 134 | 0.1 | 25.2 | 0.50 |
| Ainsley Harriott Wild Mushroom | 100 | 134 | 0.1 | 25.4 | 0.50 |
| Ainsley Harriott Lemon Parsley & Mint | 100 | 134 | 0.1 | 25.2 | 0.50 |
| Batchelors Cous Cous Peri-Peri | 90 | 135 | 0.2 | 26.6 | 0.50 |
| Ainsley Harriott Tomato & Chilli | 100 | 135 | 0.2 | 25.3 | 0.50 |
| Waitrose Roasted Vegetable | 200 | 135 | 0.3 | 18.5 | 2.00 |
| Batchelors Cous Cous Chilli Beef | 90 | 136 | 0.2 | 26.8 | 0.50 |
| Batchelors Spice Sensation | 90 | 136 | 0.2 | 26.3 | 0.50 |
| Ainsley Harriott Spice Sensation | 100 | 137 | 0.2 | 24.5 | 0.50 |
| Ainsley Harriott Moroccan Medley | 100 | 137 | 0.1 | 25.1 | 0.50 |
| Ainsley Harriott Aromatic Thai Style | 100 | 137 | 0.2 | 25.4 | 0.50 |
| Batchelors Mushroom & Garlic | 90 | 137 | 0.2 | 27 | 0.50 |
| Batchelors Cous Cous Chicken & Roasted Vegetable | 90 | 138 | 0.2 | 26.5 | 0.50 |
| Batchelors Roasted Vegetable | 90 | 138 | 0.2 | 26.7 | 0.50 |
| Sainsbury's Cous Cous Coriander & Lemon | 110 | 139 | 0.2 | 27.5 | 0.45 |
| Waitrose Cauliflower & Kale | 300 | 143 | 0.0 | 19.8 | 2.00 |
| ASDA Spicy Vegetable | 110 | 144 | 0.4 | 27 | 0.42 |
| Morrison Spicy Vegetable | 110 | 144 | 0.3 | 26.8 | 0.60 |
| Morrisons Tomato & Garlic | 110 | 144 | 0.3 | 27.2 | 0.60 |
| Waitrose garlic & coriander | 110 | 144 | 1.1 | 25.5 | 0.93 |
| GOOD TO GO Sweet Potato, Bulgur & Couscous | 290 | 144 | 1.1 | 13.9 | 3.00 |
| Tesco Mediterranean Style | 110 | 145 | 0.4 | 26.7 | 0.45 |
| Waitrose lemon & garlic | 110 | 145 | 0.9 | 26.2 | 0.93 |
| Morrisons Mediterranean | 110 | 146 | 0.3 | 27.7 | 0.60 |
| Waitrose tomato & onion | 110 | 146 | 0.8 | 26.3 | 0.93 |
| ASDA Mediterranean Style Tomato | 110 | 147 | 0.5 | 26 | 0.42 |
| ASDA Sun-Dried Tomato | 280 | 147 | 0.4 | 24 | 2.00 |
| Tesco Lemon And Coriander | 110 | 148 | 0.4 | 27.5 | 0.45 |
| Tesco Mushroom | 110 | 148 | 0.5 | 27.1 | 0.45 |
| GAMA | 500 | 148 | 0.4 | 72.9 | 1.25 |
| Iceland Roast Vegetable | 280 | 149 | 0.3 | 26.0 | 1.00 |
| Sainsbury's Roasted Vegetable | 110 | 151 | 0.5 | 29.2 | 0.45 |
| Morrison Lemon & Coriander | 110 | 152 | 0.3 | 29.4 | 0.60 |
| Sainsbury's Chargrill Vegetable Cous Cous | 200 | 152 | 0.4 | 27.6 | 1.50 |
| ASDA 2 Steam Bags Cous Cous & Quinoa Warm Salad | 400 | 153 | 0.2 | 27 | 1.25 |
| ASDA Coriander & Lemon | 110 | 156 | 0.4 | 30 | 0.42 |
| Tesco Finest Vegetable | 250 | 156 | 0.4 | 23.2 | 2.25 |
| Waitrose LOVE life wholewheat | 500 | 157 | 0.3 | 28.7 | 0.99 |
| Waitrose Duchy Organic | 500 | 157 | 0.2 | 31.4 | 1.05 |
| Morrisons Roasted Veg | 250 | 159 | 0.5 | 20.4 | 2.00 |
| Gefen Israeli | 250 | 161 | 0.0 | 75.6 | 1.00 |
| Sainsbury's Cous Cous | 500 | 162 | 0.2 | 29.7 | 0.70 |
| Sainsbury's Cous Cous, SO Organic | 500 | 162 | 0.2 | 29.7 | 1.20 |
| Delphi Couscous With Chargrilled Vegetables And Olive Oil | 160 | 174 | 0.92 | 26 | 1.46 |
| ASDA Cous Cous | 500 | 177 | 0.1 | 35 | 0.60 |
| Morrisons Fruity | 250 | 180 | 0.4 | 30.7 | 2.00 |
| Iceland Fruity | 280 | 181 | 0.4 | 29.6 | 1.00 |
| Waitrose Moroccan Spiced Fruity | 235 | 187 | 0.8 | 29.2 | 2.00 |
| Waitrose fruity Moroccan | 410 | 187 | 0.8 | 29.2 | 3.00 |
| Morrisons Moroccan | 250 | 195 | 0.5 | 31.4 | 2.25 |
| Tesco Cous Cous | 1000 | 203 | 0.3 | 38.1 | 1.35 |
| Tesco Finest Toasted Cous Cous And Aged Feta | 180 | 203 | 2.7 | 19.5 | 2.25 |
| Sainsbury's Moroccan | 200 | 203 | 0.4 | 33.1 | 2.25 |
| Tesco Finest Moroccan | 250 | 215 | 0.6 | 26.9 | 2.25 |
| Gama For Goodness Sake Cous Cous | 1000 | 350 | 0.4 | 72.9 | 2.05 |
| Cypressa Cous cous | 500 | 354 | 0.5 | 70 | 1.00 |
| Osem Israel | 250 | 360 | 0.4 | 74 | 0.85 |

* Values Shown Per 100 Grams

Supermarkets Tested

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| ASDA | Tesco | Morrisons | Sainsburys | Waitrose | Iceland |
| YES | YES | YES | YES | YES | YES |

*N/A Indicates Either Nutrition Information Not Available on the Company’s Website or the Company Doesn’t Supply This Brand*