



## 309192C Bulgar Wheat (Osprio)



**Pack Size:** 4 X 3KG

**Details:** Pale-brown, pointy-shaped bulgur wheat is made by par-boiling, drying, then coarsely grinding wheat berries. Bulgur wheat is rich in protein and minerals, and has a nutty taste.

### Allergen Information

**Contains:**

Cereal, Gluten

**Free from:**

Celery, Crustaceans, Eggs, Fish, Lupin, Milk, Molluscs, Mustard, Nuts, Peanuts, Sesame, Sulphur Dioxide, Soya

**Suitable for:**

Vegetarians, Vegan

### Handling Information

**Directions For Use:**

In a saucepan, pour about 2½ cups of boiling water over 1 cup of medium bulgur, cover the pan, and allow it to stand for about 30 minutes. Drain the bulgur in a strainer, dump it into a bowl, and fluff it with a fork.

**Storage Instructions:**

store in a cool dry place, out with direct sunlight. After opening store in a sealed container.

### Product Ingredients

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Durum **WHEAT**

### Nutritional Information

**Typical Values per 100g/ml:**

Based on a reference intake of an average adult (8400kJ/2000kCal) diet

**Energy:**

357 kcal / 1510 kJ

**Fat:**

2 g

**of which saturates:**

0.28 g

**Carbohydrates:**

77.8 g

**of which sugars:**

1.1 g

**Fibre:**

6.7 g

**Protein:**

10.6 g

**Salt:**

0.01 g



All product information is correct at time of upload. Information may change so please check the packaging before use.

If allergen information is not presented here, please obtain it from the product packaging

or speak with our QA Department.