



309192S Bulgar Wheat (Osprio)



Pack Size: 3KG BAG

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.