

THE CLEAN KILO

ZERO WASTE

SUPERMARKET



BULGAR WHEAT ORGANIC

£0.32/100G

ORIGIN: TURKEY OR FRANCE

Nutrition Facts

Serving Size 100 grams

Amount Per Serving

Calories 71 Calories from Fat 0

% Daily Value*

Total Fat 0.2g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 5mg **0%**

Potassium 68mg **2%**

Total Carbohydrate 18.6g **6%**

Dietary Fiber 4.5g **18%**

Sugars 0.1g

Protein 3.1g **6%**

Vitamin A 0% Vitamin C 0%

Calcium 1% Iron 5%

Thiamin 4% Riboflavin 1%

Vitamin B6 4% Niacin 5%

Magnesium 8% Phosphorus 4%

Zinc 4% Copper 4%

Pantothenic Acid 3%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

INGREDIENTS: Organic Bulgar Wheat

INFO: Bulgur is a whole grain made from cracked wheat. It's packed with vitamins, minerals and fiber. Reportedly fiber-rich foods like bulgur may reduce chronic disease risk, promote weight loss and improve digestion and gut health.

STORAGE: Cool, dry and hygienic, away from direct light and odours.

COOKING INSTRUCTIONS: Add 1 part of bulgar to 2 parts of water. Bring to the boil and simmer for approximately 15-20 minutes.

SHELF LIFE: Please see dispenser for BBE date.

ORGANIC: Essential Trading Co-operative limited is organically certified to EU Regulation 834/2007 by the Organic Farmers & Growers (GB-ORG-02) & the Biodynamic Association (Demeter) (GB-ORG-06).

ALLERGENS: Product itself contains gluten - please read below.

ALLERGEN STATEMENT: Where products are indicated as not having an allergen present this refers to the product not being formulated or wholly derived from the particular ingredient. Allergen handling policies and procedures are in place through the supply chain to reduce the likelihood of cross contamination from allergens, however this cannot be guaranteed.

NOTE: The information is considered to be true and correct at the date of publication, changes in circumstances (i.e. change of supplier/price etc) after the time of publication may impact on the accuracy of the information. We will endeavour to update any changes as frequently as possible. Publication last updated 22.08.19.

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