

# Bulgur organic

**Designation:** bulgur

**Description:** Organic bulgur made from durum wheat. To make bulgur, durum wheat grains are steamed, dried and then crushed. This releases vitamins and minerals from the outer layers into the centre of the grain. The result is a versatile ingredient with a short cooking time. Bulgur is also a source of protein and fibre. It conjures up a touch of the Orient in stir-fries, soups, stews, fillings and patties, tastes wonderful with vegetables and pulses and can also be used to prepare desserts or breakfast dishes with fine (dried) fruits and nuts.

**Preparation:** Place 1 cup of bulgur in a bowl, add two cups of boiling water, stir and let it soak for about 20 minutes until it swells. Season to taste with salt, pepper, spices and herbs. Serve as a side dish, in salads, stews, soups and desserts.

**Ingridients:** durum wheat semolina\*

\* from controlled organic cultivation

**Raw food:** No  
**Fairtrade:** No  
**Gluten-free:** No  
**Vegan:** Yes  
**Superfood:** No  
**Naturally gluten-free:** No  
**Plastic-free:** No  
**Organic:** Yes  
**Colli/Multi package:** We trade this item in various packaging units. The current packaging size is 25kg. Please refer to the order confirmation for the final packaging unit.  
**Value Pack:** No

**ECO Control Point:** DE-ÖKO-003

[Zum Produkt](#)

## Nährwerte

Unzubereitet pro 100 g

Calorific value kj	1420 kj
Calorific value kcal	340 kcal
Fat	1.3 g
Of which saturated fatty acids	0.2 g
Carbohydrates	63.4 g
Of which sugar	0.4 g
Fibers	12.5 g
Protein	12.3 g
Salt	0.043 g

## Allergene

Gluten-containing cereal	Ja
Chicken egg	Nein
Peanuts Example Company	Nein

Milk	Nein
Celery	Nein
Sesame seeds	Nein
Lupines	Nein
Crustaceans	Nein
Fish	Nein
Soy	Nein
Nuts	Nein
Mustard	Nein
Sulfur dioxide and sulphite	Nein
Molluscs	Nein
Cashews	Nein
Spelt	Nein
Barley	Nein
Oat	Nein
Hybrid Strains	Nein
Kamut	Nein
Macadamia	Nein
Almonds	Nein
Brazil Nuts	Nein
Pecans	Nein
Pistachios	Nein
Rye	Nein
Hazelnuts	Nein
Sesame	Nein
Walnuts	Nein
Wheat	Ja