

Organic Medium Bulgur

Organic Bulgur made from durum wheat. To produce it, durum wheat grains are steamed, dried, and then crushed. This process allows vitamins and minerals from the outer layers to move into the center of the grain, resulting in a versatile ingredient with a short cooking time. Bulgur is also a source of protein and fiber. It adds a touch of the Orient to pan dishes, soups, stews, fillings, and patties, pairs wonderfully with vegetables and legumes, and can even be used to prepare desserts or breakfast dishes with [fine \(dried\) fruits](#) and [nuts](#).

[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	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