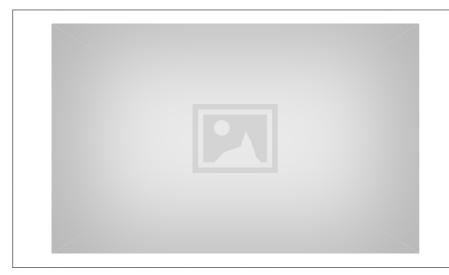


Torino

12641 - Wheat Bulgur



Bulgur's flavor is light and nutty. Like other whole grains, it has a chewy texture when cooked. Use in salads like tabbouleh or pilafs, alongside herbs, vegetables or use as a base for breakfast-style porridges with oats, or in soups, stews and chili.



* Benefits

Bulgur is a cereal food made from the groats of several different wheat species, most often from durum wheat. Bulgur is an edible cereal grain made from dried, cracked wheat most commonly durum wheat but also other wheat species. It is parboiled, or partially cooked, so that it can be prepared relatively quickly. When cooked, it has a similar consistency to couscous or quinos Bulgur is considered a whole grain, meaning that the entire wheat kernel including the germ, endosperm and bran is eaten.

Ingredients	Allergens
Dried cracked wheat (durum wheat)	Contains: wheat Free From: crustaceans eggs fish milk
	peanuts Soy (iii) tree nuts

Nutrition Facts

Servings per Container 226 Serving size 100.0g (100g)

Amount per serving

282

Calories	282
% Da	ily Value*
Total Fat 1.3g	2%
Saturated Fat 0.23g	1%
<i>Trans</i> Fat	
Cholesterol 0mg	0%
Sodium 17mg	1%
Total Carbohydrate 73.6g	25%
Dietary Fiber 18.3g	52%
Total Sugars 0.4g	
Includes 0g Added Sugar	0%
Protein 12.3g	_
Vitamin D 0mcg	0%
Calcium 35mg	2%
Iron 2mg	10%
Potassium 410mg	8%
* The % Daily Value (DV) tells you how much	n a nutrient in

a serving of food contributes to a daily diet. 2,000 calories

a day is used for general nutrition advice.

Handling Suggestions

Bulgur should be stored in air-tight containers in a cool, dry place. It will keep well at room temperature or in the refrigerator for five to six months. Frozen, it keeps indefinitely.

Serving Suggestions

Bulgur is a common ingredient in the traditional Middle Eastern salad known as tabbouleh, which typically combines lemon juice, olive oil, parsley and tomato. You can also use bulgur for pilafs with garlic, fresh herbs and raisins. Add it to muffins, bread, meatballs and meatloaf or toss it into salads for an extra boost of flavor.

Prep & Cooking Suggestions

Basic cooking instructions example: To make your bulgur on the stovetop, simply combine with water, bring to a boil, cover, simmer and cook until tender (about 12 minutes). You can also pre-soak your bulgur by placing it in a bowl and adding 1 cup boiling water. Stir and let stand for 1 hour, then drain off any excess liquid.

Product Specifications

J	Di allu			Manufacturer			
	Torino			Bakemark-Falcon			
	UPC	MFG #	SPC#	GTIN	Pack	Pack Desc.	
		BUW50PYTOR	12641	00819800020466		1/50 LB	
ı							

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
50.8lb	50lb	United States	Yes	

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
16in	26in	5in	1.2ft3	5x10	355days	60°F / 77°F





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Nutrition Analysis - By Measure

Calories	282	Total Fat	1.3g	Sodium	17mg
Protein	12.3	Trans Fats		Calcium	35mg
Total Carbohydrates•••	73.6g	Saturated Fat	0.23g	Iron	2mg
Sugars	0.4g	Added Sugars	0g	Potassium	410mg
Dietary Fiber	18.3g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

0	Additional Images	

