

# Bulgur (Bulghur) Wheat

<b>Nutrition Facts</b>	
Serving Size 1/3 cup dry (45g)	
<b>Amount Per Serving</b>	
<b>Calories 150</b>	
<b>Calories from fat 5</b>	
	<b>% Daily Value*</b>
<b>Total Fat</b> .5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 8mg	1%
<b>Total Carbohydrate</b> 34g	11%
Dietary Fiber 8g	32%
Sugars 0g	
<b>Protein</b> 6g	
A Dash indicates information not available	
Vitamin A	-%
Vitamin C	-%
Calcium	-%
Iron	6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Sat Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g



**Product Description:** Bulgur wheat (often spelled in various ways) is a quick-cooking form of whole wheat that has been cleaned, and pre-cooked. Our bulgur is cooked cracked wheat – resulting in a nutritious what product with a pleasant, nut-like flavor and a longer storage life.

The difference between bulgur and cracked wheat is that bulgur has been pre-cooked – making it ready to eat with minimal cooking. In addition, bulgur can be soaked in water or broth and mixed with other ingredients and needs no further cooking.

**Product Directions:** To rehydrate dried bulgur into a 1 cup serving use 3/4 cup water or broth, 1/4 tsp salt, and 1/3 cup bulgur. Soak for 15-30 minutes or until suited to your taste and texture preference.

For recipes and uses for Bulgur we recommend you get several good natural foods cookbooks.

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