



BULGUR WHEAT, FINE AARG

Description: Bulgur is U.S. Grade 1 wheat berries that are partially hulled, steamed, then cracked and dried. Often confused with cracked wheat, both look the same, however, bulghur is steamed (precooked) unlike cracked wheat. There are DIFFERENT kinds of bulghur, this product is made from REGULAR WHOLE wheat berries.

Physical Properties

Appearance	Golden-tan in color
Size	Maximum 20% - US #20 Screen
Size	Maximum 5% + US #12 Screen

Organoleptic Properties

Flavor	Typical of bulghur, nutty, earthy.
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Chemical Properties

Moisture	Maximum: 13 %	Method: Halogen Thermogravimetric Analysis
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Microbiological Properties

E. Coli	<10 cfu/g or <3 MPN/g	Method: FDA BAM or AOAC equivalent
Salmonella	NEG/25g	Method: FDA BAM or AOAC equivalent

Packaging, Labeling, Storage

Packaging	Bag in box, food grade paper bag or to customer specification.
Receiving Conditions	Product should be shipped and handled in a sanitary manner.
Storage Conditions	Store in a dry, cool place.
Shelf Life	36 months (under optimum storage conditions).

Other

Gluten Status	This product contains the gluten proteins found in wheat, rye or barley.
Natural Status	This product is a 100% pure, natural substance. It does not contain any artificial, synthetic or natural identical additives.
BE Status	This product does not contain bioengineered ingredients.
Vegan Status	This product does not contain any animal derived products including meat, milk, seafood, eggs, honey or bone char.
Halal Status	This product does not contain alcohol, natural L-cysteine extracted from hair or feathers, animal fats and/or extracts, bloods of any origin, blood plasma, pork and/or other meat by-products & alcohol is not used as a processing aid.
SDS Waiver:	To the best of our knowledge this product is non-hazardous and not subject to the requirements of 29 CFR 1910.1200. Although this product does not require specific hazard precautions, users should take care to minimize personnel exposure and workplace contamination.

BULGUR WHEAT, FINE AARG

ALLERGEN STATEMENT

"Q #1: Does the item above contain any of the following allergens or their derivatives?"		"Q #2: Is the item above produced on equipment that comes in contact with any of the following allergens?"		"Q #3: Is the item above produced in a facility that uses or processes these allergens?"		ALLERGENS
YES	NO	YES	NO	YES	NO	
	X	X		X		MILK
	X	X		X		EGGS
	X	X		X		SOYBEANS
X		X		X		WHEAT
	X		X		X	PEANUTS
	X	X		X		TREE NUTS
	X		X		X	FISH
	X		X		X	CRUSTACEAN SHELLFISH
	X	X		X		SESAME
	X	X		X		MUSTARD
	X	X		X		ADDED SULFITES

Equipment is cleaned and sanitized between production runs to prevent allergens from contaminating non-allergenic products.



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Ingredient Statement

Fine bulghur wheat. Contains wheat.

Product Certifications

Certified Kosher Parve

Proximate Analysis

Protein	12.29	g
Carbohydrate	75.87	g
Moisture	9.00	g
Ash	1.51	g
Fat	1.33	g

Nutritional Analysis

Serving Size	100.00	g
Calories	342.00	
Total Fat	1.33	g
Saturated Fat	0.23	g
Trans. Fat	0.00	g
Cholesterol	0.00	mg
Sodium	17.00	mg
Total Carbohydrates	75.87	g
Dietary Fiber	12.50	g
Sugars	0.41	g
Protein	12.29	g
Vitamin A	0.45	mcg
Vitamin C	0.00	mg
Calcium	35.00	mg
Iron	2.50	mg
Added Sugars	0.00	g
Vitamin D	0.00	mcg
Potassium	410.00	mg



BULGUR WHEAT, FINE

Fine Bulgur is made from hulled hard red winter wheat berries that are processed to remove a small amount of the bran, then steamed, dried and finely cracked. The result is a quick-cooking and nutritious grain dish.

- Various sized finely cracked pieces
- Earthy, nutty flavor and tender, fluffy texture
- Light tan grains

STORE IN A DRY, COOL PLACE.

Nutrition Facts	
servings per container	
Serving size 1/4 cup (45g)	
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 0.5 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 10 mg	0%
Total Carbohydrate 34 g	12%
Dietary Fiber 6 g	21%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 6 g	
Vitamin D 0.0 mcg	0%
Calcium 20.0 mg	2%
Iron 1.1 mg	6%
Potassium 180.0 mg	4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

BASIC PREP

Rinse and place 1 cup bulgur in large heat-proof bowl. Stir 2 cups boiling water into bulgur and let stand 15 minutes. Fluff with fork before serving.

SUGGESTED USES

- A great alternative to rice, pasta and couscous
- Adds whole-grain nutrition to salads, pilafs, soups and side dishes

RECIPE

Tabbouleh

- 1 cup uncooked Fine Bulgur
- 2 cups boiling water
- 1 tablespoon lemon zest
- 2 tablespoons fresh lemon juice
- 1 clove garlic, minced
- 1/2 cup olive oil
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 2 large English cucumbers, cut into 1/4-inch dice
- 2 cups cherry tomatoes quartered
- 2/3 cup chopped flat-leaf parsley plus 2 tablespoons for garnish
- 2/3 cup chopped fresh mint
- 1/2 cup chopped green onions

Rinse and place Fine Bulgur in a large heat-proof bowl. Stir in boiling water and let stand, covered, 15 minutes. Fluff with a fork. Set aside and let cool to room temperature.

Meanwhile, whisk together lemon zest, lemon juice and garlic in a small bowl, and gradually whisk in olive oil. Season dressing with salt and black pepper.

Place 1/3 of dressing in a large bowl, and add cooked Fine Bulgur and remaining ingredients.

Toss until evenly incorporated and serve with a drizzle of extra dressing.

Makes 8 to 10 servings

Tabbouleh is among the most recognized and traditional Middle Eastern dishes. Our Fine Bulgur is easy to prepare and lends itself to any meal as a salad, a side or just as a snack.

INGREDIENTS

Fine Bulgur Wheat. Contains Wheat.



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**BULGUR WHEAT, FINE
AARG**

**COUNTRY OF ORIGIN DECLARATION
FOR
BULGUR WHEAT, FINE**

THIS PRODUCT ORIGINATES FROM UNITED STATES