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Bulghur - 1 lb.



Bulgur is produced by steam cooking whole wheat kernels and then drying and cracking them. It is used in making pilaf and tabbouleh grain salads. For tabbouleh, just soak in 2 times as much hot water for about 20 to 30 minutes, then add additional ingredients.

PRODUCT #: 6240
UPC: 733739062406
SRP: $1.99
Where to Buy
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Nutrition Info

Serving Size: 1/3 cup dry (45g)

	Amount Per Serving	% Daily Value
Calories	150	
Calories from fat	5	
Total fat	0.5 G	1
Sodium	8 MG	0
Total Carbohydrate	34 G	11
Dietary Fiber	8 G	32
Protein	6 G	
Niacin	?	10
Pyridoxine (B6)	?	8
Iron	?	6
Magnesium	?	20
Manganese	?	40
Zinc	?	6

* Percent Daily Values are based on 2,000 calorie diet.
† Daily Value not established.

Details

Serving Size: 1/3 cup dry (45g)

Servings per container: 10

Other Ingredients: 100% Bulgur

Warnings: None

Disclaimers: None

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