

Bulgur Wheat (Buchanans)

Pack Size: 6 X 1KG

Product Description:

Bulgur Wheat is a versatile grain made from whole wheat kernels that have been parboiled, dried and cracked. With its light, nutty flavour and slightly chewy texture, it offers a hearty and nutritious addition to a range of dishes. Commonly used in Middle Eastern and Mediterranean cooking, bulgur wheat is ideal for classic dishes such as Tabbouleh and Kibbeh. It also works well as a base for grain salads, warm side dishes, stuffed vegetables, or as an alternative to rice and couscous in everyday meals.

Brand: Buchanans



Ingredient Declaration: Bulgur WHEAT

Allergens:

NOT APPLICABLE	N/A
CONTAINS	Cereal, Gluten

Additional Allergen Information:

Barley	No	Almond nuts	No
Oats	No	Brazil nuts	No
Rye	No	Cashew nuts	No
Wheat (including Spelt and Khorasan)	Yes	Hazelnuts	No
		Macadamia (Queensland) nuts	No
		Pecan nuts	No
		Pistachio nuts	No
		Walnuts	No

Diet Suitability:

NOT APPLICABLE	N/A
SUITABLE FOR	Vegetarians, Vegan

Nutritional Information:

Nutrient	per 100g/ml
Energy (kJ/kcal)	390 kcal / 1648 kJ
Fat	1.3 g
of which Saturates	0.2 g
Carbohydrate	75.9 g
of which Sugars	0.4 g
Fibre	12.3 g
Protein	12.5 g
Salt	0.04 g

Directions For Use: Removed from packaging

Storage Instructions: Store in a cool dry environment away direct sunlight.

Shelf Life Once Open:

All product information is correct at time of upload. Information may change so please check the packaging before use.

If allergen information is not presented here, please obtain it from the product packaging or speak with our QA Department.