Bulgur - precooked



Bulgur is a cereal product made from different types of wheat and is packed full of fibre, protein, slow carbohydrates, vitamin B11 and minerals. Can be used in a host of delicious hot and cold dishes, such as tajine and poké bowls, after being heated up.

Water 68,2%, **bulgur** dry 31,8%

Nutrition information (100g)

Energy 477kJ/112kcal

Fat 0.6g

Fat of which saturates 0.1g

Carbohydrate 25g

Carbohydrate of which sugars 0.4g

Fibre 2.1g

Protein 3.4g

Salt <0.01g

Preparation

Cook the frozen product in a steamer. Be careful to not overcook. Season to taste

Put the desired quantity of product in a microwave bowl, cover and cook, stirring well.

Heat 1 - 2 tablespoons vegetable oil in a frying pan. Put the desired quantity of product in the frying pan and cook at medium heat stirring well.

Allergens

Gluten

Logistical information (euro pallet)



1.0 kg
Item code: 10002333
Number and weight: 10x1.0 kg
Layer/cartons (subject to modification): 9x9
GTIN CU: 5411361175101
GTIN SU: 05411361175095
Packaging: polybag
Languages:
NL;FR;DE;UK;ES;PT;IT;DK;SE;NO;FI;GR

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