

PRODUCT INFORMATION

See also www.organic.nl

Product	Bulghur medium organic
Code	10155
Certificate	NL-BIO-01
Country of origin	Turkey
Last update	6-3-2017
Issue date	6-3-2017
This product is	Organic and not genetically modified or irradiated

Production	
Ingredients	Organic bulghur
Additives	No additives
Process	(Origin) Bulghur is obtained starting from wheat resulting from organic agriculture and cleaned and sorted. This wheat is then precooked, dehydrated, peeled, crushed and filtered in course and fine grinding.

Sensorial properties	
Smell	Grain smell
Colour	Light brown
Taste	Grain taste
Appearance	Product specific Size: 1.6-2.5 mm

Packing	
Net content	5 Kg
Kind of packing	Paper bag
Packing size (L x W x H)	
Pieces per pallet: 80	

Shelflife	
Storage conditions	Cool and dry in closed bags
Maximum shelflife	Max. 14 months

Nutritional values (per 100 gram)		(from supplier)
Energy	1576 KJ 342 Kcal	
Protein (g)	12.3	
Fat (g) from USDA nutrient database	1.3	Saturated: 0.2
Carbohydrates (g)	63.4	Sugars: 0.4
Dietary fibre (g)	12.5	
Salt (g)	0.042	
Moisture (g)	<12.5	

Analytical properties	
Ash (%)	Max. 2.0

Microbiological Properties	
Total Plate Count (cfu/g)	< 500.000
Yeast & Moulds (cfu/g)	< 10.000
Coliformes (cfu/g)	< 10.000
E. Coli	< 100
Salmonella	Absent in 25 grams
Mycotoxins	In accordance with EC legislation 1881/2006; 1126/2007; 165/2010

Allergy list (+ = present, - = absent and ? = unknown * possible cross contamination)			
Cow's milk protein	-	Peanuts/groundnuts (-derivatives)	-
Lactose or milk sugar	-	Peanutoil	-
(Chicken) egg	-	Sesame	*
Soya protein (-derivatives)	*	Sesame-oil	-
Soya oil	-	Glutamate (added E620-E625)	-
Gluten	+	Sulfite (E220-E228)	-
Wheat	+	Benzoic acid/Parabens (E210-E213)	-
Rye	-	Azo-colours E102, E110, E122, E123, E124, E128, E129, E151, E154, E155	-
Beef (-derivatives)	-	Tartrazine (E102)	-
Pork (-derivatives)	-	Cinnamon	-
Chicken (-derivatives)	-	Vanillin	-
Fish	-	Coriander	-
Shell-fish	-	Celery	-
Corn /Maize (-derivatives)	-	Umbelliferae	-
Cocoa	-	Carrot	-
Yeast	-	Lupine	-
Pulses	-	Mustard	-
Nuts (-derivates)	*	Mollusc (- derivates)	-
Nut-oil	-		

Acceptable for:	
Vegetarians	Yes
Vegans	Yes
Lacto-vegetarians	Yes
Kosher-certified	No
Halal-certified	No
NOP-certified	No
Ecosocial	No

Use	Count about 60 to 80 g of Bulghur course per person. Add 1 volume of Bulghur with 2.5 volumes of boiling salted water. Cook over a moderate heat for 7 minutes. Remove from the heat, cover and leave to swell.
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