



A Bunge North America Company

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BULGUR WHEAT

NUTRIENT CONTENT PER 100 grams

Moisture	11.3 g	Calories	333.5
Protein	10.3 g	Cholesterol	0 mg
Fat	1.50 g	Vitamin A	0 I.U.
Saturated	0.32 g	Vitamin C	0 mg
Unsaturated	1.18 g	Thiamine	0.3 mg
Mono	0.32 g	Niacin	0.5 mg NE
Poly	0.86 g	Riboflavin	0.1 mg
Ash	1.6 g	Folic Acid	0.03 mg
Total Dietary Fiber	5.6 g	Iron	8.0 mg
Soluble	0 g	Calcium	22.0 mg
Insoluble	5.6 g	Sodium	0 mg
Carbohydrates*	75.3 g	Potassium	230 mg
Complex	72.5 g		
Sugars	2.8 g		

Ingredient Legend: Bulgur Wheat

g = gram, mg = milligram, I.U. = International units, NE = Niacin equivalent

* Carbohydrates include Total Dietary Fiber

WJD 8/99

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