



Revised By: ddavidson

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## Bob's Red Mill Natural Foods

### Product Specifications:

Product Name: Red Bulgur 4/24 oz

Product Number: P101040

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Product Description: BULGUR RED WHEAT are made from kernels of cracked red wheat, processed in accordance with 21 CFR Part 117 subpart B and in compliance with state and federal requirements for food safety and quality.

Ingredients: Whole Grain Red Wheat.

Allergen List: Wheat.

### Physical Properties:

Appearance: Small pieces of cracked red wheat.

Aroma: Clean and typical of wheat with no rancid or off-odors.

Flavor: Clean and typical of wheat with no rancid or undesirable flavors.

Nutrition Facts	
Serving size	100g
Amount per serving	
<b>Calories</b>	<b>364.00</b>
% Daily Value*	
Total Fat 1.80g	2%
Saturated Fat 0.40g	2%
Trans Fat 0.00g	
Cholesterol 0.00mg	0%
Sodium 0.00mg	0%
Total Carbohydrate 74.00g	27%
Dietary Fiber 11.40g	46%
Total Sugars 1.00g	
Includes 0.00g Added Sugars	0%
Protein 12.90g	
Vitamin D 0.00mcg	
Calcium 25.70mg	
Iron 3.78mg	
Potassium 365.00mg	
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

## Certifications:

Kosher Certification:

Certified by OK Kosher

Non-GMO Certification:

Verified by the Non-GMO Project

Audit Certification:

SQF Food Safety Code: Food Manufacturing, ed. 9

Organic Certification:

Gluten Free Certification:

Fair Trade Certified:

**Country of Origin:**

United States of America