



# Bulgur Grain Bio 500 g Ecosana

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## Description

Bulgur grain is a widely consumed ingredient in many countries in the Middle East and North Africa. It comes from wheat, obtaining it from the cooking of the tender grains, which are drained and then left to dry. It is a very versatile ingredient with high nutritional value.

## Ingredients

## Bulgur grain\*

\*From Organic Agriculture.

## Directions

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Use at your convenience

## Presentation

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Contains 500 g

## Warnings

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Store in a cool, dry place.

May contain traces of **sesame, nuts and soya**.

It contains **gluten**.

## Nutrition Facts

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Per 100 g

Energetic Value	1576 kJ / 342 kcal
Fat	1,30 g
of which saturated	0,20 g
Carbohydrates	63,40 g
of which sugars	0,40 g
Fibre	12,50 g
Proteins	12,30 g
Salt	0,042 g

## Allergen Information

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Shelled Nuts, Gluten, Sesame, Soya,

# Certifications

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