



DO-IT Food Ingredients BV  
Hermesweg 7  
3771 ND Barneveld  
The Netherlands  
www.doitorganic.com

Bank: Rabobank  
Bank Account: 3431.22.596  
IBAN:  
NL82RABO0343122596  
Swift-BIC: RABONL2U  
VAT: NL 860149882B01

OrganicCert: NL-BIO-01  
OrganicNr: Skal 108273  
Telephone: +31 85 487 0487  
Email: [sales@organic.nl](mailto:sales@organic.nl)  
CoC: 75119048

## PRODUCT INFORMATION

See also [www.doitorganic.com](http://www.doitorganic.com)

<b>Product</b>	<b>Organic bulghur coarse</b>
<b>Code</b>	<b>10154</b>
<b>Country of agricultural origin</b>	<b>Turkey</b>
<b>Country of last processing</b>	<b>Turkey</b>
<b>Last update</b>	<b>25-05-2023</b>
<b>This product is</b>	<b>Organic and not genetically modified or irradiated</b>

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

<b>Sensorial properties</b>	
<b>Smell</b>	<b>Natural, not rancid, not spoiled and not mouldy</b>
<b>Colour</b>	<b>Natural</b>
<b>Taste</b>	<b>Natural, not rancid, not spoiled and not mouldy</b>
<b>Appearance</b>	<b>Natural, no insect, insect residue, insect eggs and animal wastes.</b>

<b>Packing</b>	
<b>Net content</b>	<b>25 Kg</b>
<b>Kind of packing</b>	<b>Kraft paper bag</b>
<b>Pieces per pallet</b>	<b>33</b>

<b>Shelf life</b>	
<b>Storage conditions</b>	<b>Cool, humid, odourless and direct sunlight free places.</b>
<b>Minimum shelf life</b>	<b>18 months after production</b>



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Nutritional values (per 100 gram)		(from supplier)
Energy	1340 KJ 319 Kcal	
Protein (g)	12.5	
Fat (g)	1.2	Saturated: 0
Carbohydrates (g)	73	Sugars: 0.6
Dietary fibre (g)	8.5	
Salt (g)	0.08	

Analytical properties	
Ash (%)	< 2
Moisture (%)	< 12
Foreign material (%)	0.1
White grains (%)	< 0.5
Red grains (%)	< 0.5
Total foreign matter (%)	< 0.1
Stone (/25kg)	1
Size	
under 3.00mm sieve	> 80 %
under 1.60mm sieve	< 10 %
under 0.50mm sieve	< 0.5 %

Microbiological Properties	
Yeast & Moulds (cfu/g)	< 2.000
Coliformes (cfu/g)	< 1.000
E. Coli	Absent
Salmonella (cfu/25g)	Absent



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<b>Allergy list (+ = present, - = absent and * = possible cross contamination)</b>			
Cow's milk protein	-	Walnut	-
Lactose or milk sugar	-	Cashew	-
(Chicken) egg	-	Pecan nut	-
Soya protein (-derivatives)	-	Brazil nut	-
Gluten	+	Macadamia or Queensland nut	-
Wheat	+	Pistachio nut	-
Peanuts/groundnuts (-derivatives)	-	Coconut	-
Sesame	-	Hickory nut or kola nut	-
Sesame-oil	-	Lichee nut	-
Celery	-	Pili nut	-
Mustard	-	Sheanut	-
Fish	-	Pine nut or pinon nut	-
Shell-fish	-	Beech nut	-
Mollusc	-	Butternut	-
Lupine	-	Chestnut	-
Sulfite E220-E228	-	Ginko nut	-
Nuts (-derivates)	-	Chinquapin	-
Almond	-		-
Hazelnut	-		-

<b>Acceptable for:</b>	
Vegetarians	Yes
Vegans	Yes
Lacto-vegetarians	Yes
Kosher-certified	No
Halal-certified	No
NOP-certified	No
Fairtrade IBD	No

<b>Use</b>	<b>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.</b>
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