



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
CoC: 75119048

PRODUCT INFORMATION

See also www.doitorganic.com

Product	Organic bulghur medium
Code	10151
Country of agricultural origin	Turkey
Country of last processing	Turkey
Last update	21-02-2023
This product is	Organic and not genetically modified or irradiated

Production	
Ingredients	Organic bulghur
Additives	No additives
Process	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.

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

Packing			
Net content	25 Kg		
Kind of packing	Paper bag		
Packing size (L x W x H)	58x38x14		
Packing/layer	3	Layers/pallet	10

Shelf life	
Storage conditions	Cool, humid, odourless and direct sunlight free places.
Minimum shelf life	24 months after production



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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 2.50mm sieve% (mm)	> 80 %
under 1.60mm sieve% (mm)	< 20 %

Microbiological Properties	
Total Plate Count (cfu/g)	< 500.000
Yeast & Moulds (cfu/g)	< 10.000
Coliformes (cfu/g)	< 1.000
E. Coli	Absent
Salmonella (cfu/25g)	Absent



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Allergy list (+ = present, - = absent and * = possible cross contamination)			
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	-
Shellfish	-	Beech nut	-
Mollusc	-	Butternut	-
Lupine	-	Chestnut	-
Sulfite E220-E228	-	Ginko nut	-
Nuts (-derivates)	-	Chinquapin	-
Almond	-		-
Hazelnut	-		-

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