



PRODUCT INFORMATION

Product	Organic bulghur coarse
Code	328K
Country of agricultural origin	Turkey
Country of last processing	Turkey
Last update	16-04-2026
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	Product specific, no foreign odour
Colour	Yellow to light brown
Taste	Product specific, no foreign taste
Appearance	Natural, no insect, insect residue, insect eggs and animal wastes.

Packing	
Net content	25 Kg
Kind of packing	Kraft paper bag
Pieces per pallet	33

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



Nutritional values (per 100 gram)		(from NEVO-online, code 1015)
Energy	1436 kJ 340 kcal	
Protein (g)	12.3	
Fat (g)	1.3	Saturated: 0.2
Carbohydrates (g)	63.4	Sugars: 0.4
Dietary fibre (g)	12.5	
Salt (g)	0.04	

Analytical properties	
Ash (%)	< 2
Moisture (%)	< 13
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)	< 10.000
Coliforms (cfu/g)	< 1.000
E. coli	Absent
Salmonella (cfu/25g)	Absent

Pesticides
The product is in accordance to regulation (EU) No. 2018/848.
Mycotoxines/Heavy metals
The product corresponds to the Comm. RG (EU) No. 2023/915 and other currently valid amendments.

Covitar

Allergy list		(+ = present, - = absent and * = processed on side)	
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	-		-

Acceptable for:	
Vegetarians	Yes
Vegans	Yes
Lacto-vegetarians	Yes
Kosher-certified	No
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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 Rybná 716/14, 110 00 Praha 1

 IČ: 03507503, DIČ: CZ03507503

 E-mail: tawico@gmail.com

Checked by: Ing. Jagošová Andrea

Covitar s.r.o. Rybná 716/24
 Praha 1 110 00
 Czech republic
 Tel: + 420 734 393 011
info@covitar.cz
www.covitar.eu