

Nutrition Facts

Serving Size (100g) Brown Bulgur
Servings Per Container varies

Amount Per Serving

Calories 370 **Calories from Fat 15**

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 74g **25%**

Dietary Fiber 11g **44%**

Sugars 0g

Protein 14g

Vitamin A 0% • **Vitamin C 0%**

Calcium 2% • **Iron 15%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4