


Nutritional Data Sheet

	Item: <b>Organic Whole Wheat Bulghur, 25 lb bags</b>	
	Item#: R10016	Rev: A

Effective Date: 09/02/2009
Doc #: NDS-R10016

<b>Serving Size: 100g</b>		
<b>Amount per Serving</b>		
	<b>Calories 342 kcal</b>	
<b>% Daily Value</b>		
<b>Total Fat</b>	1.33 g	3%
Saturated Fat	0.232 g	2%
Polyunsaturated Fat	0.173 g	
Monounsaturated Fat	0.541 g	
<b>Cholesterol</b>	0 mg	0%
<b>Sodium</b>	17 mg	1%
<b>Total Carbohydrates</b>	75.87 g	26%
Dietary Fiber	18.3 g	74%
Sugars		
<b>Protein</b>	12.29 g	
<b>Vitamins and Minerals</b>		
Vitamin A	9.0 IU	0%
Vitamin C	0 mg	0%
Calcium	35.0 mg	4%
Iron	2.5 mg	14%

NOTE: This nutritional information is provided as a typical analysis for this product type. It is not meant to specifically represent the lot that is purchased.

Confidential

These specifications are the property of NewOrganics LLC. and shall not be reproduced, copied, distributed without written permission from NewOrganics.