

**Basic Report 20012, Bulgur, dry**

Report Date: January 27, 2015 20:21 EST

Nutrient values and weights are for edible portion

| Nutrient                       | Unit | 1 Value Per100 g | 1 cup 140g |
|--------------------------------|------|------------------|------------|
| <b>Proximates</b>              |      |                  |            |
| Water                          | g    | 9.00             | 12.60      |
| Energy                         | kcal | 342              | 479        |
| Protein                        | g    | 12.29            | 17.21      |
| Total lipid (fat)              | g    | 1.33             | 1.86       |
| Carbohydrate, by difference    | g    | 75.87            | 106.22     |
| Fiber, total dietary           | g    | 12.5             | 17.5       |
| Sugars, total                  | g    | 0.41             | 0.57       |
| <b>Minerals</b>                |      |                  |            |
| Calcium, Ca                    | mg   | 35               | 49         |
| Iron, Fe                       | mg   | 2.46             | 3.44       |
| Magnesium, Mg                  | mg   | 164              | 230        |
| Phosphorus, P                  | mg   | 300              | 420        |
| Potassium, K                   | mg   | 410              | 574        |
| Sodium, Na                     | mg   | 17               | 24         |
| Zinc, Zn                       | mg   | 1.93             | 2.70       |
| <b>Vitamins</b>                |      |                  |            |
| Vitamin C, total ascorbic acid | mg   | 0.0              | 0.0        |
| Thiamin                        | mg   | 0.232            | 0.325      |
| Riboflavin                     | mg   | 0.115            | 0.161      |
| Niacin                         | mg   | 5.114            | 7.160      |
| Vitamin B-6                    | mg   | 0.342            | 0.479      |
| Folate, DFE                    | µg   | 27               | 38         |
| Vitamin B-12                   | µg   | 0.00             | 0.00       |
| Vitamin A, RAE                 | µg   | 0                | 0          |
| Vitamin A, IU                  | IU   | 9                | 13         |
| Vitamin E (alpha-tocopherol)   | mg   | 0.06             | 0.08       |

| <b>Nutrient</b>                    | <b>Unit</b> | <b>1<br/>Value<br/>Per100 g</b> | <b>1 cup<br/>140g</b> |
|------------------------------------|-------------|---------------------------------|-----------------------|
| Vitamin D (D2 + D3)                | µg          | 0.0                             | 0.0                   |
| Vitamin D                          | IU          | 0                               | 0                     |
| Vitamin K (phylloquinone)          | µg          | 1.9                             | 2.7                   |
| <b>Lipids</b>                      |             |                                 |                       |
| Fatty acids, total saturated       | g           | 0.232                           | 0.325                 |
| Fatty acids, total monounsaturated | g           | 0.173                           | 0.242                 |
| Fatty acids, total polyunsaturated | g           | 0.541                           | 0.757                 |
| Cholesterol                        | mg          | 0                               | 0                     |
| <b>Other</b>                       |             |                                 |                       |
| Caffeine                           | mg          | 0                               | 0                     |