

HARRAN NATURAL®

Bulgur Wheat is a nutritional powerhouse.

Plant-based, hearty whole grain, cholesterol-free, fiber-rich, nutritious, versatile, satisfying, and affordable—now masterfully crafted for the North American palate in six innovative recipes.

Einkorn Chickpea Jalapeno Pepper

Cracked Bulgur Pilaf

Nutrition Facts	
Serving size 1 pouch (187g)	
Amount per serving	
Calories	230
<small>% Daily Value*</small>	
Total Fat 5g	6%
Saturated Fat 1.5g	8%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 36g	13%
Dietary Fiber 8g	29%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 9g	18%
Vitamin D 0mcg	0%
Calcium 22mg	0%
Iron 2mg	10%
Potassium 134mg	2%

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Einkorn Sundried Tomato Rosemary

Cracked Bulgur Pilaf

Nutrition Facts	
Serving size 1 pouch (187g)	
Amount per serving	
Calories	240
<small>% Daily Value*</small>	
Total Fat 7g	9%
Saturated Fat 1.5g	8%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 320mg	14%
Total Carbohydrate 36g	13%
Dietary Fiber 8g	29%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 9g	18%
Vitamin D 0mcg	0%
Calcium 22mg	0%
Iron 2mg	10%
Potassium 134mg	2%

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Lentil Turmeric Red Basil

Cracked Bulgur Pilaf

Nutrition Facts	
Serving size 1 pouch (187g)	
Amount per serving	
Calories	250
<small>% Daily Value*</small>	
Total Fat 8g	10%
Saturated Fat 1.5g	8%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrate 33g	12%
Dietary Fiber 8g	29%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 11g	22%
Vitamin D 0mcg	0%
Calcium 27mg	2%
Iron 2mg	10%
Potassium 134mg	2%

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Freekeh Chickpea Mushroom

Whole Bulgur Pilaf

Nutrition Facts	
Serving size 1 pouch (187g)	
Amount per serving	
Calories	240
<small>% Daily Value*</small>	
Total Fat 7g	9%
Saturated Fat 1.5g	8%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 36g	13%
Dietary Fiber 8g	29%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 9g	18%
Vitamin D 0mcg	0%
Calcium 22mg	0%
Iron 2mg	10%
Potassium 131mg	2%

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Pea Mint Garlic

Whole Bulgur Pilaf

Nutrition Facts	
Serving size 1 pouch (187g)	
Amount per serving	
Calories	240
<small>% Daily Value*</small>	
Total Fat 8g	10%
Saturated Fat 1.5g	8%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrate 33g	12%
Dietary Fiber 8g	29%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 9g	18%
Vitamin D 0mcg	0%
Calcium 22mg	0%
Iron 2mg	10%
Potassium 134mg	2%

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Eggplant Thyme Blackcurrant

Whole Bulgur Pilaf

Nutrition Facts	
Serving size 1 pouch (187g)	
Amount per serving	
Calories	240
<small>% Daily Value*</small>	
Total Fat 7g	9%
Saturated Fat 1.5g	8%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 35g	13%
Dietary Fiber 8g	29%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 9g	18%
Vitamin D 0mcg	0%
Calcium 25mg	0%
Iron 2mg	10%
Potassium 134mg	2%

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All products: Unit WT. 8.8 oz. | Box Pack Count: 16 | Case Type: Display | Case Pack Count: 8 | Shelf Life: 24 Months | Country of Origin: Turkey

Founded by M.Yesim Basar and Mrs. Guher Gursel, Harran Natural set out a goal of bringing Healthy Food, Healthy Hearts and Healthy Minds to consumers.

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