



# Shepcote Bulgar Wheat

## Product Images



## Description

Bulgar Wheat is a versatile grain that adds depth to any dish. Enjoyed as a satisfying side dish akin to rice or couscous, Bulgar Wheat also lends its hearty flavour to baked goods, pilafs and soups.

## Additional Information

SKU	60015
Description	<p>Bulgar Wheat is a versatile grain that adds depth to any dish. Enjoyed as a satisfying side dish akin to rice or couscous, Bulgar Wheat also lends its hearty flavour to baked goods, pilafs and soups.</p>
About Producer	<p>Shepcote has earned an outstanding reputation for producing premium handmade almond marzipan confectionery, as well as a wide range of high-quality sugar and bakery ingredients. With a strong emphasis on craftsmanship and consistency, Shepcote not only manufactures its own products but also serves as a trusted distributor, supplying wholesale and foodservice businesses across the UK.</p>
Directions for use	<p>Bring 2 cups of water per 1 cup of grains to the boil. Remove from the heat, stir in the desired amount of bulgur wheat, cover and allow to stand for 20 minutes or until the wheat has absorbed the liquid. Fluff with fork.</p>
Allergen Statement	<p>Product contains Cereals Containing Gluten (WHEAT). Product May Contain Cereals Containing Gluten (BARLEY, OATS) and NUTS (ALMOND, BRAZIL, CASHEW, HAZELNUT, MACADAMIA, PECAN, PISTACHIO, WALNUT), PEANUTS and SESAME.</p>
Accreditation, Certification and Assurance Schemes	BRCGS Certified Production
Energy (Kcal)	338
Energy (KJ)	1428
Fat	1.3
of which saturates	0.2
Fibre	12.5
Ingredients	Bulgur WHEAT
Brands	Shepcote

Dietary & Lifestyle	Suitable for vegetarians, Suitable for vegans
Protein	12.3
Salt	0.1
Size	1kg
Pack Size	6
Storage Instructions	Store in a cool, dry place away from direct sunlight.
Country of Origin	Great Britain

