



MARKETING

NEAR EAST Taboule provides bulgur wheat and a blend of mint, parsley and garlic. To complete the preparation, add fresh tomato, lemon juice and olive oil. Include on your menu as an alternative to traditional side dishes. Each package makes 3-3/4 cups of finished product.

PRODUCT SPECIFICATIONS

Code		GTIN	Pack Description			
00072251020533		00072251020533				
Brand	Brand Owner		GPC Description			
Near East	PepsiCo Inc. Brand Owner		Grain Based Products / Meals - Not Ready to Eat - Savoury (Shelf Stable)			
Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition	
5.24 LBR	3.94 LBR	No	United States	Yes	No	
Shipping						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
8.125 INH	7.063 INH	7 INH	0.232 FTQ	30x7	360 Days	35 FAH / 85 FAH
Traceability Regulation						
Regulation Type Code		Regulatory Act	Trade Item Regulation Compliant		Regulation Restrictions and Descriptors	
TRACEABILITY_REGULATION		FSMA204	NOT_APPLICABLE		NOT_COVERED_BY_FTL	

HANDLING SUGGESTIONS

All products are code dated with expiration date. Rotate product to insure fresh products. Destroy out of code products. Store out of direct sunlight at room temperature.

- ALLERGENS
- C** = 'Contains'; **MC** = 'May Contain'; **N** = 'Free From'; **UN** = 'Undeclared'; **INII** = 'Intentionally nor Inherently Included'; **50** = 'Derived from Ingredients'; **60** = 'Not Derived From Ingredients'; **NI** = 'No Info'
- Milk - NI

Eggs - NI

Soybean - NI

Wheat - C

Sesame - NI
- Peanuts - NI

Tree - NI

Fish - NI

Shellfish - NI

Cereals - C

Nutrition Facts

5 Servings per container

Serving Size1.0 Oz (28 g)About 2 1/2 Tbsp Bulgur Wheat & 1 Tsp Seasoning Mix) As Prepared

Amount Per Serving

Calories120

% Daily Value*

Total Fat34%

Saturated Fat0 g0%

Trans Fat0 g

Cholesterol0 mg0%

Sodium270 mg12%

Total Carbohydrates22 g8%

Dietary Fiber4 g14%

Total Sugars2 g

Includes 1 g Added Sugars3%

Protein4 g

Vitamin D0 mcg0%

Calcium20 mg0%

Iron0.9 mg4%

Potassium210 mg4%

* The % Daily Values (DV) 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.

INGREDIENTS

Bulgur Wheat, Salt, Parsley*, Onions, Molasses*, Garlic, Spearmint, Honey, Black Pepper. *Dried. CONTAINS WHEAT INGREDIENTS.

Near East

00072251020533 - Duplicate Near East Taboule 5.25 Oz

PREPARATION & COOKING SUGGESTIONS

Preparation Directions: 1. In medium saucepan, combine wheat and contents of Spice Sack. Stir in 1 cup boiling water. Cover; let stand 30 minutes in refrigerator. 2. Stir in 1 cup chopped fresh tomato (about 1 large), 1 tablespoon fresh lemon juice* and 1 tablespoon olive oil or vegetable oil; mix well. 3. Cover; chill 1 hour or overnight. Toss well before serving on a bed of lettuce. About 3 cups prepared

*For tarter lemon flavor, increase lemon juice to 2 tablespoons.

SERVING SUGGESTIONS

MORE INFORMATION

