

Nutritional Importance of Cereal and Legume Based Bulgur

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SUMMARY

Bulgur is semi or ready to eat cereal food product with its high nutritional value and long shelf life. Bulgur is known as bulgor, boulgur, burgul, burghul, burghoul different part of the World. Generally bulgur is produced from different cereals by parboiling, drying and grinding. Durum wheat is preferred for bulgur production, but sometimes, oats, corn, triticale, barley, rye, soybean, common bean and chickpea are also used instead of durum wheat. Bulgur has long shelf life. During bulgur process, enzymes and microorganisms are inactivated and bulgur gains resistance to mold contamination and insect attacks. Bulgur and bulgur like products (as frig) have high nutritional value with high protein, vitamin, mineral and dietary fiber and low glycemic index. Bulgur is classified as coarse, pilav, fine and bulgur flour according to particle size. Especially bulgur flour had higher nutritional content compared to other bulgur fractions. In recent year, the researches on legume based bulgur from soy, chickpea and common bean have made in Turkey. These semi ready to eat legume based products are very important especially for protein consumption due to easy preparation of bulgur pilav.

Keywords: Bulgur, cereal, legume, nutrition