



Packer

163335 - Barley Pearled

See package for details



Nutrition Facts

Servings per Container 100
Serving size 45.0g (45g)

Amount per serving
Calories 60

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 13g	5%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	1%
Iron 0.6mg	3%
Potassium 200mg	4%

* The % Daily Value (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.

* Benefits

INTERNATIONAL FOODSOURCE, LLC.

INGREDIENTS: PEARLED BARLEY. KOSHER; VEGAN; VEGETARIAN; NON-GMO; COLOR, TEXTURE AND TASTE TYPICAL OF BARLEY. PEARLED BARLEY IS GREAT IN SALADS AS A TOPPER. THEY ARE ALSO GREAT IN SOUPS AND STEWS TO ADD TEXTURE AND HEARTINESS. THEY MAKE A GREAT ADDITION TO GRAIN BOWLS AS WELL. THEY ARE VERY VERSITILE AND HIGH IN FIBER!

Ingredients

PEARLED BARLEY

Allergens

Free From:



Handling Suggestions

COOL, DRY PLACE

Serving Suggestions

1/8TH CUPS. BOIL AND ADD TO FAVORITE RECIPES

Prep & Cooking Suggestions

UNPACK AND BOIL

Product Specifications

Brand	Manufacturer	Product Category
Packer	International Foodsource	Grocery

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
688032100068	80025	163335	00790429800250		1/10 LB

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
10lb	10lb	United States	Yes	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
12.4in	10.2in	5.6in	0.41ft3	21x10	240days	60°F / 77°F



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Nutrition Analysis - By Measure

Calories	60	Total Fat	0g	Sodium	0mg
Protein	1	Trans Fats		Calcium	10mg
Total Carbohydrates...	13g	Saturated Fat	0g	Iron	0.6mg
Sugars	0g	Added Sugars	0g	Potassium	200mg
Dietary Fiber	2g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(U)		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

Additional Images

