

Trinidad Benham Corporation

25# Peak Pearled Barley

Pearled Barley



Fat Free, High in Fiber, Cholesterol Free, Low Sodium

Brand		Manufacturer			Product Category		
Peak		Trinidad Benham Corporation			Barley Dry		
MFG #		GTIN			Pack	Pack Desc.	
1896641002		00071187221588			0	1/25 lbs	
Gross Weight		Net Weight		Country of Origin		Kosher	Child Nutrition
25.30 lbs		25.00 lbs		United States of America			
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To	
24.00 inches	11.50 inches	4.00 inches	0.64 cu ft	5x10	365 days	40.00 / 90.00 FAH	

INGREDIENTS

Pearled Barley

HANDLING

Store in a dry place.

SERVING

Great as a side dish

PREP & COOKING

Bring 2 1/2 cups water and 1/8 teaspoon salt to boil. Add 1 cup rinsed pearled barley. Cook for 45 minutes over low heat until grains are tender but still chewy. Add cooked pearled barley to vegetable or bean soup.

Nutrition Facts

344 servings per container

Serving size 33gr

Amount Per Serving

Calories 100

% Daily Value*

Total Fat	0gr	0%
Saturated Fat	0	0%
Trans Fat	0gr	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	8	%
Dietary Fiber	20gr	0%
Total Sugars	0gr	
Includes	0 Added Sugars	%

Protein	3gr	
Vitamin D	0	0%
Calcium	0mg	0%
Iron	1.08mg	6%
Potassium	0	0%

* 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.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

ALLERGENS

Free From

Milk, Eggs, Fish, Crustacean, Molluscs, Tree Nuts, Peanuts, Nuts, Sesame, Wheat, Soy, Mustard, Sulphites

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NUTRITION ANALYSIS

Calories	100	Total Fat	0 gr	Sodium	0 mg
Protein	3 gr	Trans Fats	0 gr	Calcium	0 mg
Total Carbohydrates	8	Saturated Fat	0	Iron	1.08 mg
Sugars	0 gr	TPolyunsaturated Fat	0	Potassium	0
Dietary Fiber	20 gr	Monounsaturated Fat	0	Zinc	0
Lactose		Cholesterol	0 mg	Phosphorus	0
Vitamin A(IU)	0 mcg	Vitamin D	0	Thiamin	0
Vitamin A(RE)		Vitamin E	0	Niacin	0
Vitamin C	0 mg	Folate	0	Riboflavin	0
Magnesium	0	Vitamin B-6	0	Vitamin B-12	0