



InHarvest

1070383125 - Barley, Pearled Black

Black Barley is a whole grain with the entire bran layer intact, holds very well for banquets or in steam tables/buffets, shiny black appearance.



* Benefits

Nutrition Facts

Servings per Container 144
Serving size 1/4 CUP DRY
(9.256 oz (US))

Amount per serving
Calories 170

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 34g	12%
Dietary Fiber 13g	46%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0µg	0%
Calcium 199mg	15%
Iron 1mg	5%
Potassium 193mg	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.

Ingredients

Black Barley

⚠ Allergens

Contains:

wheat

Free From:

- crustaceans
- mollusks
- eggs
- fish
- dairy
- peanuts
- sesame
- soy
- tree nuts

Handling Suggestions

65 DEGREES F STORE IN A COOL DRY PLACE

Serving Suggestions

Incredible for soups and stuffings, great for vegetarian, Mediterranean, African and American cuisines see www.inharvest.com for recipes

Prep & Cooking Suggestions

Stovetop: Bring 5 qts. water or stock to a boil. Stir in 2 lbs. Black Barley, reduce heat and simmer covered for 45 mins. To reduce starch, stir barley before draining excess cooking liquid. Steamer: In a full hotel pan, combine 4½ qts. hot water or stock with 2 lbs. Black Barley, steam uncovered for 45 mins. To reduce starch, stir barley before draining excess cooking liquid. Yield: 24 half cup servings

📄 Product Specifications

Brand	Manufacturer	Product Category
InHarvest	In Harvest, Inc.	Grains

MFG #	SPC #	GTIN	Pack	Pack Desc.
16279	1070383125	00030004162794	6	6/2 lbs

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
13lb	12lb	USA	Yes	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
11.75in	9.75in	5.75in	0.38ft3	16x9	545DAYS	59°F / 86°F



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Nutrition Analysis

Calories	170kcal	Total Fat	1.5g	Sodium	5mg
Protein	6g	Trans Fats	0g	Calcium	199mg
Total Carbohydrates...	34g	Saturated Fat	0g	Iron	1mg
Sugars	0g	Added Sugars	0g	Potassium	193mg
Dietary Fiber	13g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)	0NIU	Vitamin D	0µg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

