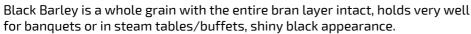


InHarvest

1070383125 - Barley, Pearled Black







* Benefits

Ingredients	A Allergens
Black Barley	Contains:
	Free From: Continue Continue

Nutrition Facts

Servings per Container 144 Serving size 1/4 CUP DRY

Amount per serving

Calories 170

Calonies	170
——————————————————————————————————————	aily 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%

a day is used for general nutrition advice.

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

Pro

Product Specifications

InHai	rvest	In Harvest, Inc.			Grains	
MFG #	SPC#	GTIN	Pack		Pack Desc.	
16279	1070383125	00030004162794	6		6/2 lbs	

Manufacturer

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





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.

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-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images







