

# 760203 - Jack Rabbit 1# Pearled Barley

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



## MARKETING



## PRODUCT SPECIFICATIONS



Code	Dist Prod Code	GTIN	Calculated Pack
3053651002	760203	10070620001296	24/1 lb

Brand	Brand Owner	GPC Description
JACK RABBIT	Trinidad Benham Corp.	Vegetables - Unprepared/Unprocessed (Shelf Stable)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
24.8 LBR	24 LBR	No	United States	Yes	No

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
14.2 INH	9 INH	7.9 INH	1010 INQ	12x7	365 Days	40 FAH / 90 FAH

## Nutrition Facts

13 Servings per container

**Serving Size** 1/4 cup

**Amount Per Serving**  
**Calories** 120

% Daily Value\*

**Total Fat** 1 g 1%

Saturated Fat 0 g 0%

Trans Fat 0 g

**Cholesterol** 0 mg 0%

**Sodium** 0 mg 0%

**Total Carbohydrates** 27 g 10%

Dietary Fiber 2 g 6%

Total Sugars 0 g

Includes Added Sugars %

**Protein** 4 g

Vitamin D 0 mcg 0%

Calcium 0 mg 0%

Iron 0.9 mg 6%

Potassium 65 mg 2%

\* The % Daily Values (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.

## ALLERGENS



C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - N
- Eggs - N
- Soy - N
- Wheat - N
- Sesame - N
- Peanuts - N
- Tree Nuts - N
- Fish - N
- Shellfish - NI

## SERVING SUGGESTIONS



Barley is a versatile grain with a somewhat chewy consistency and slight nutty flavor. Compliments many dishes as a side dish or can added to soups or stews.

## INGREDIENTS



Pearled Barley

## HANDLING SUGGESTIONS



Store in a dry place.

## PREPARATION & COOKING SUGGESTIONS



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.

## MORE INFORMATION



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## NUTRITIONAL ANALYSIS



Calories	120
Protein	4 g
Total Carbohydrates	27 g
Sugars	0 g
Dietary Fiber	2 g
Lactose	
Sucrose	
Vitamin A (IU)	0
Vitamin A (RE)	0
Vitamin C	0 mg
Magnesium	
Monosodium	

Total Fat	1 g
Trans Fat	0 g
Saturated Fat	0 g
Added Sugars	
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	0 mg
Calcium	0 mg
Iron	0.9 mg
Potassium	65 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

## NUTRITIONAL CLAIMS



KOSHER	YES
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## MORE IMAGES

