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	TIxHI	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

Amount Per Serving Calories

Cholesterol 0 mg

Serving Size

120 % Paily Value

1/4 cup

0%

2%

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Total Fat 1 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	

Sodium 0 mg	0%
Total Carbohydrates 27 g	10%
Dietary Fiber 2 g	6%

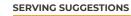
Total Sugars 0 g
Includes Added Sugars %

Protein 4 g	
Vitamin D 0 mcg	0%
Calcium 0 mg	0%
Iron 0.9 mg	6%

* 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





or stews.



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

Peanuts - N

(Eggs - N

((ij)) Tree Nuts - N

Soy - N

Fish - N

(👸) Wheat - N

Shellfish - NI

Sesame - N

Store in a dry place.

INGREDIENTS

Potassium 65 mg

Pearled Barley

HANDLING SUGGESTIONS



PREPARATION & COOKING 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



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	
110011211	1	

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