

# 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.

## HANDLING SUGGESTIONS



Store in a dry place.

## 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.

## 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.

## INGREDIENTS



Pearled Barley

## 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 Peanuts - N

Eggs - N Tree - N

Soybean - N Fish - N

Wheat - N Shellfish - NI

Sesame - N Crustaceans - N

AU - N Mustard - N

CO - N Molluscs - N

X99 - N

## MORE INFORMATION



# 760203 - Jack Rabbit 1# Pearled Barley

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

## 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 |
|--------|-----|

## MORE IMAGES

