# 760203 - Jack Rabbit 1# Pearled Barley

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



#### MARKETING



# 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

 Vitamin D 0 mcg
 0%

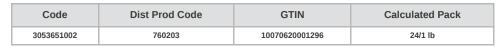
 Calcium 0 mg
 0%

 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

### PRODUCT SPECIFICATIONS



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

				Shippin	g	
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

### HANDLING SUGGESTIONS

Store in a dry place.



### SERVING SUGGESTIONS



wy

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.

# 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'

(ii) Milk - N

Peanuts - N

( Eggs - N

(1) Tree - N

Soybean - N

Fish - N

( Wheat - N



(%) 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



