760203 - Jack Rabbit 1# Pearled Barley

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



MARKETING



PRODUCT SPECIFICATIONS

PRODUCT SPECIFICATIONS											
Code			Dist Prod Code				GTIN		Calculated Pack		
3053651002			7	60203		:	10070620001296			24/1 lb	
Brand			Brand	Owner		GPC Description					
JACK RAB	JACK RABBIT		Trinidad Benham Corp.				Vegetables - Unprepared/Unprocessed (Shelf Stable)				
Gross Weight		Net Weight Ca		Case	ase/Catch Weight		Country Of Origin		Kosher	Child Nutrition	
24.8 LBR		24 LBR		No			United States		Yes	No	
Shipping											
Length Wic		lth Height		Volume		TIxHI	Shelf Life	Storage Temp From/To		emp From/To	
14.2 INH 9 INH		7.9 INH	1010 INQ		12x7	365 Days	40		H / 90 FAH		
	Traceability Regulation										
Regulation	n Typ	е	Regula	tory	Trac	de Item R	egulation	Re	gulation Re	strictions and	
Cod	le		Act			Compl	iant		Descr	iptors	
N/A			N/A		N/A		N/A				

Nutrition Fa	cts
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.



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

(1) Tree - N

Soybean - N

ı - N (😥) Fish - N

1 1311 -

Wheat - N

Shellfish - NI

Sesame - N

(!) Crustaceans - N

(!) AU - N

(!) Mustard - N

(i) CO - N

(!) Molluscs - N

(!) X99 - N

INGREDIENTS

Pearled Barley

760203 - Jack Rabbit 1# Pearled Barley

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

PREPARATION & COOKING SUGGESTIONS



SERVING SUGGESTIONS



MORE INFORMATION

(+

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.

many dishes as a side dish or can added to soups or stews.

Barley is a versatile grain with a somewhat chewy

consistency and slight nutty flavor. Compliments

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



