

# Barley - Hulled Flakes

<b>Nutrition Facts</b>				
Serving Size:		100g		
Serving per Container:		n/a		
Amount per Serving				
<b>Calories</b>	<b>352</b>	<b>Calories from Fat:</b>		
<b>% Daily Value *</b>				
Total Fat	1 g	2 %		
Saturated Fat	0 g	1 %		
<i>Trans</i> Fat	0 g			
Cholesterol	0 mg	0 %		
Sodium	9 mg	0 %		
Total Carbohydrates	78 g	26 %		
Dietary Fiber	16 g	62 %		
Sugars	0 g			
Protein	10 g			
Vitamin A	0%	Vitamin C	0 %	
Calcium	3%	Iron	14 %	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on calorie needs.				
		<b>Calories:</b>	<b>2,000</b>	<b>2,500</b>
Total Fat	Less than	65	g	80
Sat Fat	Less than	20	g	25
Cholesterol	Less than	300	mg	300
Sodium	Less than	2,400	mg	2,400
Total Carbohydrates		300	g	375
Dietary Fiber		25	g	30
<b>Calories per gram</b>				
	Fat	9	Carbohydrates	4
			Protein	4

**Ingredients:** Hulled Barley Flakes

\*The values listed above represent data collected from our suppliers and/or the USDA National Database for Standard Reference, Release 19 (2006), to the best of our knowledge, we believe them to be accurate.