

# Barley-Pearled

| Nutrition Facts   |           |                    |                           |
|---|-----------|--------------------|---------------------------|
| Serving Size:   |           | 1 cup(200g)        |                           |
| Serving per Container:  |           |                    |                           |
| Amount per Serving  |           |                    |                           |
| Calories  | 704       | Calories from Fat: | 19                        |
| % Daily Value *   |           |                    |                           |
| Total Fat   | 2 g       |                    | 4 %                       |
| Saturated Fat   | 0 g       |                    | 2 %                       |
| Trans Fat   | 0 g       |                    |                           |
| Cholesterol   | 0 mg      |                    | 0 %                       |
| Sodium  | 18 mg     |                    | 1 %                       |
| Total Carbohydrates   | 155 g     |                    | 52 %                      |
| Dietary Fiber   | 31 g      |                    | 125 %                     |
| Sugars  | 2 g       |                    |                           |
| Protein   | 20 g      |                    |                           |
| Vitamin A   | 1%        | Vitamin C          | 0 %                       |
| Calcium   | 6%        | Iron               | 28 %                      |
| * Percent Daily Values are based on a 2,000 calorie diet.<br>Your daily values may be higher or lower depending on calorie needs. |           |                    |                           |
|   | Calories: | 2,000              | 2,500                     |
| Total Fat   | Less than | 65 g               | 80 g                      |
| Sat Fat   | Less than | 20 g               | 25 g                      |
| Cholesterol   | Less than | 300 mg             | 300 mg                    |
| Sodium  | Less than | 2,400 mg           | 2,400 mg                  |
| Total Carbohydrates   |           | 300 g              | 375 g                     |
| Dietary Fiber   |           | 25 g               | 30 g                      |
| Calories per gram   |           |                    |                           |
|   | Fat       | 9                  | Carbohydrates 4 Protein 4 |

Ingredients: Barley

\*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.