

Pearled Barley

| NUTRITION FACTS | |
|--|-----------------------------------|
| Serving Size: ¼ cup (dry) 33g | |
| Servings per Container: | |
| Amount per Serving | |
| Calories 100 | Calories from Fat 0 |
| % Daily Value* | |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Cholesterol 0mg | 0% |
| Sodium 0mg | 0% |
| Total Carbohydrate 24g | 8% |
| Dietary Fiber 5g | 20% |
| Sugars 0g | |
| Protein 3g | |
| Vitamin A 0% | * Vitamin C 0% |
| Calcium 0% | * Iron 6% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. | |
| Calories: 2,000 2,500 | |
| Total Fat | Less than 65g 80g |
| Saturated Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 | * Carbohydrate 4 * Protein 4 |

Ingredients: Pearled Barley

**Information taken from product package.