



## 304826C Pearl Barley (Ospryo)



**Pack Size:** 4 X 3KG

**Details:** Dried pearl barley can be used as a great alternative to rice in risottos and sushi. Use in soups too.

### Allergen Information

**Contains:**

Cereal, Gluten

**Free from:**

Celery, Crustaceans, Eggs, Fish, Peanuts, Lupin, Milk, Molluscs, Mustard, Nuts, Sesame, Sulphur Dioxide, Soya

**Suitable for:**

Kosher, Vegetarians, Vegan

### Handling Information

**Storage Instructions:**

Store in a cool dry place

### Product Ingredients

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BARLEY

### Nutritional Information

**Typical Values per 100g/ml:**

Based on a reference intake of an average adult (8400kJ/2000kCal) diet

**Energy:**

351 kcal / 1489 kJ

**Fat:**

1.7 g

**of which saturates:**

0.1 g

**Carbohydrates:**

83.6 g

**of which sugars:**

0.5 g

**Fibre:**

0 g

**Protein:**

7.9 g

**Salt:**

0 g

All product information is correct at time of upload. Information may change so please check the packaging before use.

If allergen information is not presented here, please obtain it from the product packaging or speak with our QA Department.

