



304826S Pearl Barley (Ospryo)



Pack Size: 3KG BAG

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.

