



# BLACK BARLEY

www.eatwildrice.ca

UNIT SIZES: 2.5 kg, 5kg, 10kg, 25kg COOK TIME: 40 minutes

## INGREDIENTS

Canadian grown black barley

## COOKING INSTRUCTIONS

Cook like Pasta: Bring large pot of water to a boil, add barley and cook for 40-50 minutes until desired texture is reached. Strain.

Stove Top:

1. Combine 1 cup Barley and 3 cups water in a small pot, cover and bring to a boil
2. Turn down to low and simmer 40 minutes
3. Remove from heat and let stand until desired texture is reached
4. Strain off excess water, season and serve

## Nutrition Facts

### Valeur nutritive

Per 1/4 cup (45g) / pour 1/4 tasse (45g)

Amount Teneur	% Daily Value* % valeur quotidienne*
<b>Calories / Calories 170</b>	
<b>Fat / Lipides 1.5 g</b>	<b>2%</b>
Saturated / saturés 0 g	0%
+ Trans / trans 0 g	
<b>Cholesterol / Cholestérol 0 g</b>	
<b>Sodium 0 mg</b>	<b>0%</b>
<b>Carbohydrate / Glucides 33 g</b>	<b>11%</b>
Fibre / Fibres 8 g	32%
Sugars / Sucres 0 g	0%
<b>Protein / Protéines 7 g</b>	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium	6%
Iron / Fer	25%



## PRODUCT HIGHLIGHTS

- Organic
- Unseasoned
- Ancient Grain
- Use as rice substitute
- Hearty, chewy texture with rich nutty flavor
- Canadian Grown
- Use in salads, soups, side dishes, entrees



GLUTEN FREE  
SANS GLUTEN



CERTIFIED  
COR  
717  
KOSHER  
CASHER



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PLANT  
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VEGAN  
VÉGÉTALIEN