

56627 | Chef William | 4-3kg

Triple Lion Pearl Barley

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Description

Legal Product Name	PEARL BARLEY
Brand Name	Chef William
Country of Origin	UK

Ingredients

Ingredients	Pearl Barley
Is the product made from at least 65% British ingredients?	No
Contains GM Ingredients	No

Nutrition

Servings per Consumer Unit (Inner)	60
Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	1368 kJ
Energy (Kilocalories)	327 kcal
Fat, Total	2 g
Saturated	0.5 g
Carbohydrate	76.3 g
Sugars	0.5 g
Dietary Fibre, Total	9 g
Protein, Total	11 g
Salt	0.04 g
Sodium	17 mg

Allergens

Cereals containing Gluten (and products thereof)	Contains
Wheat (as an ingredient)	Does NOT Contain
Rye (as an ingredient)	Does NOT Contain
Barley (as an ingredient)	Contains
Oats (as an ingredient)	Does NOT Contain
Crustaceans (and products thereof)	Does NOT Contain
Egg and Egg Products	Does NOT Contain
Fish and Fish Products	Does NOT Contain
Peanut and Peanut Products	Does NOT Contain
Soybean and Soybean Products	Does NOT Contain
Milk and Milk Products	Does NOT Contain
Nuts (and products thereof)	Does NOT Contain
Almonds (as an ingredient)	Does NOT Contain
Hazelnuts (as an ingredient)	Does NOT Contain
Walnuts (as an ingredient)	Does NOT Contain
Cashews (as an ingredient)	Does NOT Contain
Pecan nuts (as an ingredient)	Does NOT Contain
Brazil nuts (as an ingredient)	Does NOT Contain
Pistachio nuts (as an ingredient)	Does NOT Contain
Macadamia or Queensland nuts (as an ingredient)	Does NOT Contain
Celery / Celeriac (and products thereof)	Does NOT Contain
Mustard (and products thereof)	Does NOT Contain
Sesame Seeds and Sesame Seed Products	Does NOT Contain
Sulphur Dioxide and Sulphites (>10mg/kg)	Does NOT Contain
Lupin (and products thereof)	Does NOT Contain
Molluscs (and products thereof)	Does NOT Contain

Dietary Information

Halal Certified	No
Kosher Certified	No
Suitable for Vegan	Yes
Suitable for Vegetarian	Yes
Organic Certificate	No Organic certificate
Can any Ethical or Fairly traded claims be made?	No ethical or fairtrade claim
Can any other sustainability claims be made for this product?	None
Does any other assurance scheme apply to this product?	No assurance scheme

Preparation Suggestions

Is the product ready to eat?	No
Oven	No
Oven From Frozen	No
Microwave Instructions	No
Fry	000
Grill	No
Other	Recommended cooking instructions: Wash in clean water.Rinse thoroughly before cooking.Place 100g of pearl barley into a large saucepan with 500ml of water.Place the pan on the medium hob ring over a high heat. Bring to the boil and boil for 10 minutes.Reduce the heat to low and simmer for 50 minutes, until the pearl barley has softened but is slightly firm to the bite.Drain thoroughly, rinse and use as required.00

Packaging

Do you have any packaging environmental claims?	No environmental packaging claim
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