

## Basic Report 20004, Barley, hulled

Report Date: August 21, 2019 12:31 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 184g
<b>Proximates</b>			
Water	g	9.44	17.37
Energy	kcal	354	651
Protein	g	12.48	22.96
Total lipid (fat)	g	2.30	4.23
Carbohydrate, by difference	g	73.48	135.20
Fiber, total dietary	g	17.3	31.8
Sugars, total	g	0.80	1.47
<b>Minerals</b>			
Calcium, Ca	mg	33	61
Iron, Fe	mg	3.60	6.62
Magnesium, Mg	mg	133	245
Phosphorus, P	mg	264	486
Potassium, K	mg	452	832
Sodium, Na	mg	12	22
Zinc, Zn	mg	2.77	5.10
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.646	1.189
Riboflavin	mg	0.285	0.524
Niacin	mg	4.604	8.471
Vitamin B-6	mg	0.318	0.585
Folate, DFE	µg	19	35
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	1	2
Vitamin A, IU	IU	22	40
Vitamin E (alpha-tocopherol)	mg	0.57	1.05

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Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	2.2	4.0
<b>Lipids</b>			
Fatty acids, total saturated	g	0.482	0.887
Fatty acids, total monounsaturated	g	0.295	0.543
Fatty acids, total polyunsaturated	g	1.108	2.039
Cholesterol	mg	0	0
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0