

Basic Report 20005, Barley, pearled, raw

Report Date: August 21, 2017 04:34 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 200g
Proximates			
Water	g	10.09	20.18
Energy	kcal	352	704
Protein	g	9.91	19.82
Total lipid (fat)	g	1.16	2.32
Carbohydrate, by difference	g	77.72	155.44
Fiber, total dietary	g	15.6	31.2
Sugars, total	g	0.80	1.60
Minerals			
Calcium, Ca	mg	29	58
Iron, Fe	mg	2.50	5.00
Magnesium, Mg	mg	79	158
Phosphorus, P	mg	221	442
Potassium, K	mg	280	560
Sodium, Na	mg	9	18
Zinc, Zn	mg	2.13	4.26
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.191	0.382
Riboflavin	mg	0.114	0.228
Niacin	mg	4.604	9.208
Vitamin B-6	mg	0.260	0.520
Folate, DFE	µg	23	46
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	1	2
Vitamin A, IU	IU	22	44
Vitamin E (alpha-tocopherol)	mg	0.02	0.04

Nutrient	Unit	1 Value Per100 g	1 cup 200g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	2.2	4.4
Lipids			
Fatty acids, total saturated	g	0.244	0.488
Fatty acids, total monounsaturated	g	0.149	0.298
Fatty acids, total polyunsaturated	g	0.560	1.120
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0