

## Basic Report 20005, Barley, pearled, raw

Report Date: February 20, 2018 08:37 EST

Nutrient values and weights are for edible portion.

| Nutrient                       | Unit | 1<br>Value<br>Per100 g | 1 cup<br>200g |
|--------------------------------|------|------------------------|---------------|
| <b>Proximates</b>              |      |                        |               |
| 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          |
| <b>Minerals</b>                |      |                        |               |
| 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          |
| <b>Vitamins</b>                |      |                        |               |
| 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          |

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|------------------------------------|-------------|---------------------------------|-----------------------|
| Vitamin D (D2 + D3)                | µg          | 0.0                             | 0.0                   |
| Vitamin D                          | IU          | 0                               | 0                     |
| Vitamin K (phylloquinone)          | µg          | 2.2                             | 4.4                   |
| <b>Lipids</b>                      |             |                                 |                       |
| 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                     |
| <b>Amino Acids</b>                 |             |                                 |                       |
| <b>Other</b>                       |             |                                 |                       |
| Caffeine                           | mg          | 0                               | 0                     |