Nutrition Facts

Serving Size (45g)
Servings Per Container 20

Amount Per Serving

Calories 160	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 33g	11%
Dietary Fiber 5g	20%
Sugars 0g	
Protein 6g	

Vitamin A 0% • Vitamin C 0%
Calcium 2% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

HIDE LABEL

RECIPES

Southern Black Pearl Salad (http://www.inharvest.com/recipes/multigrain-blends/southern-black-pearl-salad/)

Shrimp and Chicken Black Barley Paella (http://www.inharvest.com/recipes/whole-grains-and-pasta/shrimp-and-chicken-black-barley-paella/)

Black Pearl Medley® Chicken "Fried" Rice - K-12 Foodservice (http://www.inharvest.com/recipes/multigrain-blends/black-pearl-medley-chicken-fried-rice-k-12-foodservice/)

Black Pearl Medley® with Andouille and Cauliflower (http://www.inharvest.com/recipes/multigrain-blends/black-pearl-medley-andouille-and-cauliflower/)

Curried Black Pearl Medley® & Grilled Chicken Lettuce Wraps (http://www.inharvest.com/recipes/multigrain-blends/curried-black-pearl-medley-grilled-chicken-lettuce-wraps/)

Black Pearl Medley® Tai Salad - K-12

(http://shopping.netsuite.com/core/media/media.nl?id=12843&c=398743&h=2b952209f5da24227af6)

Black Pearl Medley®

Item # 11501

Has a striking presentation with the combination of whole grain brown rice, black barley and Daikon radish seeds. Very unique with great texture. One of a kind!

Prep time: 35 minutes.
2# sleeve yields: 34 ½-cup servings
408 Servings per 24lb. case
Kosher - Yes

1 Add to Cart

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Features

- Black Pearl's dark color compliments lighter entrees such as poultry and seafood.
- Chefs have had good luck serving it with various wild game.
- Very good holding abilities
- Whole grain product (no bran layers removed)
- Black Barley is thought to have originated in Ethiopia
- Black Barley and Daikon Radish Seeds are not easily found in many markets and add great texture and color
- Serve with pork, chicken and spicy seafood

Ingredients

Long-grain parboiled brown rice, black barley, Daikon radish seeds.

Pack Size

12/2 lb. Sleeves = 24 lbs. per Case

Storage

To preserve quality store in a cool dry area. 65° F

Preparation and Cooking Instructions

Stovetop: Bring 2-1/2 quarts water or stock to a boil in large pot, stir in 2 lb. sleeve premium