



# Organic Whole Grain Barley Flour



## Thank you for choosing Nunweiler's

We are proud to offer you Canadian grown and milled whole grain flour. We don't believe in using any additives or preservatives in our flour, simply the entire whole grain kernel. Keeping all the nutrients and the flavor that nature intended.

## Description & Uses

This product is milled at low temperatures from organically grown Hulless Barley grain. Nothing is added or removed. The flour is beige in colour with a free flowing granulation. Slightly sweet, nutty flavour.

## Storage & Shelf Life

Product should be stored in a clean, cool, dry place. Optimum shelf life is 18 months from milled date under correct storage conditions.

## Packaging

Packed in 10kg and 20kg multi-walled paper bags with Nunweiler's lot code and milled on date stamped on the bag. Packed in 2kg and 1 kg Poly bags with Nunweiler's lot code and best before date printed on the nutrition panel.

## Allergen Checklist

COMPONENT	PRESENT IN PRODUCT	PRESENT IN OTHER PRODUCTS ON THE SAME LINE	PRESENT IN OTHER PRODUCTS IN THE SAME MANUFACTURING PLANT
PEANUTS AND THEIR DERIVATIVES	×	×	×
TREE NUTS AND THEIR DERIVATIVES	×	×	×
SESAME SEEDS	×	×	×
DAIRY PRODUCTS- MILK, LACTOSE, CASEINATES, WHEY	×	✓ 1&2 Kg Packages	✓
EGGS	×	×	×
FISH- ANCHOVIES, SHELLFISH	×	×	×
SOY PRODUCTS	×	×	×
MSG OR GLUTAMATES	×	×	×
SULPHATES	×	×	×
GLUTEN	✓	✓	✓
MUSTARD	×	×	×

## Nutritional Facts

(g per 100g)

Moisture	10-12%
Protein	10-14%
Total Fat	2g
*Saturated	0
*Trans Fat	0
Carbohydrates	74g
*Dietary Fibers	14g
*Sugars	1g
Food Energy (Calories)	380
Minerals & Vitamins (mg per 100g)	
Calcium	4% DV
Sodium	3mg
Iron	25% DV
Potassium	125mg
Vitamin A (IU)	4%
Vitamin C	0.0
Ash	1.66%

## What we love about this product

We love barley flour because it has a sweet, nut-like flavour that enhances the flavour of pancakes, bread, quick breads, rye bread and more. Add it to your favorite baking recipes to enjoy the vitamins and minerals of whole grain barley. Our favourite is making pizza dough with this flour. Our favourite cookies are also made with this flour.

