



Rolled Barley

4'665 kcal

- Tin:** radius 13cm, height 17.4cm, circumference 40.3cm
- Content:** Rolled Barley Nr. 3, 1500g
- Allergens:** Gluten
- Storage:** Preferably cool and dry, without direct sunlight.
Ideally at a constant temperature of approx. 15-20° Celsius.
- Once opened:** Always close the tin firmly with the plastic lid. Do not eat directly from the container (contamination), the opened product can be consumed within several weeks.
Avoid large temperature variation to prevent condensation.
- Shelf Life:** 10 years. Vacuumed and sealed under protective atmosphere (Swiss Can Machinery).

nutritional values per 100g:

product	energy KJ / kcal	fat	saturated fat	carbs	sugars	protein	salt	fibre
rolled barley	1320 / 311	2.1g	0.5g	63.3g	1g	9.8g	0.04g	18g

- Directions:** Soak in water, let it simmer for 30 to 45 min and leave it to rest until done