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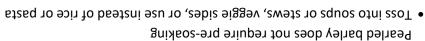
- Toss into soups or stews, veggie sides, or use instead of rice or pasta Pearled barley does not require pre-soaking
- Soak hulled barley, drain and rinse before cooking in water or broth. antioxidant selenium
- Rich source of B vitamins like niacin, thamin, folate and B6 and the calcium and phosphorus for strong bones
- magnesium important for nerve function and energy production, and Excellent source of potassium which helps moderate blood pressure,
- and maintains steady blood sugars Contains beta-glucans, a type of soluble fiber, that lowers cholesterol
 - Potential benefits of consuming barley: 176 Calories, 5 gm protein, 8 gm fiber, no fat, no cholesterol 1/2 cup cooked pearled barley provides:

Health Benefits of Barley



Pearled barley is refined but still nutritious. lowering effects. Hulled barley is whole grain. Barley, like oats, is a chewy grain with cholesterol-





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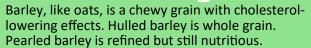
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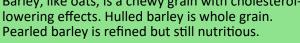
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