

Food Note: further information for a better identification of food items.

Food code: unique code for each food item.

Food item name: the scientific name, if present, is reported in cursive.

Database version: the red apple refers to the first version (BDA98, Salvini et al., 1998), the green apple refers to the 2008 update (BDA08), the blue apple refers to the 2015 update (BDA15), the purple apple refers to the 2022 update (BDA22).

Food category: code and name of the category to which the food belongs.

Food components: divided into 7 groups proximates, minerals and traces elements, water soluble vitamins, fat soluble vitamins, fatty acids, amino acids, sugars. They are shown only when a value has been assigned.

Unit: adopted for each food component.

8831 BARLEY, PEARL, cooked

Food Note: Informazioni: cottura in acqua senza aggiunta di sale
Group Food: 8001 - cereals in grain and products



Food Components

PROXIMATES

	Value for 100 g	Source	Code	Class	Notes
Edible part, %	100	FE	000095		
Energy, Rec with fibre, kJ	503	86			
Energy, Rec with fibre, kcal	118	86			
Total protein, g	2,6	FE	000095		
Animal protein, g	0,0	LZ			
Vegetable protein, g	2,6	FE	000095		
Total fat, g	0,6	FE	000095		
Animal fat, g	0,0	LZ			
Vegetable fat, g	0,6	FE	000095		
Cholesterol, mg	0	LZ			
Available carbohydrates (MSE), g	26,4	FE	000095		
Starch (MSE), g	25,2	86			
Soluble carbohydrates (MSE), g	1,2	FE	000095		
Dietary total fibre, g	1,8	FE	000095		
Alcohol, g	0,0	LZ			
Water, g	72,7	FE	000095		

Food composition refers to 100 g of edible matter or 100 mL for alcoholic beverages. Furthermore, by manually entering the desired quantity (self-selected portion), or by selecting the standard portion, it is possible to view the values of the components referred to it.

Component value: the value is defined as "traces" (tr) when it refers to negligible quantities, not measurable with the analytical methods used/declared, or to quantities less than the expected decimals. When the value is missing the food component is not listed in the table.

Source: bibliographic source. The full reference is shown when pointing the cursor.

Code: identifies to which food item the bibliographical source refers to.

Class: indicates how the data from other bibliographical sources or borrowed from another food item were estimated. The explanation of the codes is shown when pointing the cursor. Not available in BDA98.

Note: this field includes the name of food from which data were derived and, if necessary, the value of the main components (macronutrients); the value of the component of interest (if re-computed); comments about estimates, calculations.
 Be aware: in the BDA08 and BDA15 version some information has been included in the item "Class".

MINERALS and TRACES ELEMENTS

Iron, mg	0,9	FE	000095		
Calcium, mg	16	FE	000095		
Sodium, mg	2	FE	000095		
Potassium, mg	67	FE	000095		
Phosphorus, mg	93	FE	000095		
Zinc, mg	0,82	FE	000095		
Magnesium, mg	34	FE	000095		
Copper, mg	0,16	FE	000095		
Selenium, ug	tr	ER	11-003	2	"Barley, pearl, boiled" WATER 69.6g, PROT 2.7g, FAT 0.6g, CHO 27.6g, SUGAR tr, SUGAR 0.3g
Chloride, mg	41	ER	11-003	2	"Barley, pearl, boiled" WATER 69.6g, PROT 2.7g, FAT 0.6g, CHO 27.6g, SUGAR tr, SUGAR 0.3g
Iodine, ug	1	FH	9322	2	"Pearled barley, boiled/cooked in water, unsalted" WATER 68.8g, PROT 2.3g, FAT 0.6g, CHO 27.6g, SUGAR 0.3g
Manganese, mg	0,60	FE	000095		
Sulfur, mg	37	EM	E3	2	"Barley, pearl, boiled" WATER 69.6g, PROT 2.7g, FAT 0.6g, CHO 25.1g, STARCH 25.1g

WATER SOLUBLE VITAMINS

Vitamin B1, Thiamin, mg	0,02	ER	11-003		
Vitamin B2, Riboflavin, mg	0,01	ER	11-003		
Vitamin C, mg	0	FE	000095		
Niacin, mg	0,50	ER	11-003		
Vitamin B6, mg	0,04	ER	11-003		
Total folate, ug	10	FE	000095		
Pantotenic acid, mg	0,10	ER	11-003		
Biotin, ug	tr	ER	11-003		
Vitamin B12, ug	0,0	LZ			