

# The barleycorn

Barley is among the first crops, ever cultivated by humans - it goes back to as early as the fifth millennium B.C. After germinating and drying on the kiln, the barley-corns develop malt, which is the basis for brewing beer as well as distilling whisky.

elements	barley corn (in 100g)
kcal	315
kJ	1.316
protein	10,6 g
carb	63,3 g
fat all	2,1 g
fat (polyuns.)	1,3 g
calcium	38 mg
magnesium	114 mg
ferreos	2,8 mg
E(Toc.)	0,6 mg
B1	0,43 mg
B2	0,18 mg
niacin	4,8 mg

