





Barley

Barley malt is a primary ingredient in malt drinks and may cause allergic reactions (e.g., hives, asthma) or gluten-related disorders. Less common than wheat allergy but relevant for sensitive individuals.

Nutrients

Recipe preparation steps

-  Hives, Swelling, Itching or Tingling in the Mouth, Abdominal Pain, Nausea or Vomiting, Diarrhea, Difficulty Breathing, Anaphylaxis
-  Avoidance of Barley, Reading food labels, Antihistamines, Epinephrine Auto-Injector, Consulting an allergist, Emergency Medical Care, Dietary Substitutes

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