

Nutrition Facts

About 9 servings per 1 lb. container
About 16 servings per 1.7 lb. container
About 185 servings per 20 lb. container
About 463 servings per 50 lb. container
Serving Size 1/4c dry (49g)

Amount per serving

Calories 170

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 31g	11%
Dietary Fiber 8g	25%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 2.5mg	15%
Potassium 530mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.