

Nutrition Facts

About 10 servings per 1 lb. container
About 16 servings per 1.7 lb. container
About 39 servings per 4 lb. container
About 197 servings per 20 lb. container
About 241 servings per 25 lb. container
About 483 servings per 50 lb. container

Serving Size 1/4c dry (46g)

Amount per serving

Calories 160

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 6mg	0%
Total Carbohydrate 28g	10%
Dietary Fiber 9g	32%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 3mg	15%
Potassium 640mg	15%

* 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.

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