

Physical Characteristics

Moisture	18.0% Maximum
Total Damaged	2.0% Maximum
Foreign Material (naturally occurring)	0.5% Maximum (including 0.2% stones)
Contrasting Classes	0.5% Maximum

Nutrition Facts

About 9 servings per 1 lb. container
About 15 servings per 1.7 lb. container
About 181 servings per 20 lb. container
About 227 servings per 25 lb. container
About 453 servings per 50 lb. container
Serving Size **1/4c dry (50g)**

Amount per serving

Calories **170**

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 5mg 0%

Total Carbohydrate 32g 12%

Dietary Fiber 10g 36%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 11g

Vitamin D 0mcg 0%

Calcium 40mg 4%

Iron 3mg 15%

Potassium 650mg 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.