**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. continer

About 453 servings per 50 lb. continer
Serving Size 1/4c dry (50g)

Amount per serving

## **Calories**

Calcium 40mg

nutrition advice.

Iron 3mg

170

4%

15%

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
<b>Total Carbohydrate</b> 32g	12%
Dietary Fiber 10g	36%
Total Sugars 4g	
Includes 0g Added S	Sugars 0%
Protein 11g	
Vitamin D 0mcg	0%

<sup>\*</sup> 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

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