

Nutrition Facts

About 9 servings per 1 lb. container
About 16 servings per 1.7 lb. container
About 38 servings per 4 lb. container
About 94 servings per 10 lb. container
About 189 servings per 20 lb. container
About 236 servings per 25 lb. container
About 472 servings per 50 lb. container

Serving Size 1/4c dry (48g)

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 30g 11%

Dietary Fiber 5g 18%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 11g

Vitamin D 0mcg 0%

Calcium 15mg 2%

Iron 3mg 15%

Potassium 330mg 6%

* 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.