

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 226 servings per 25 lb. container
About 453 servings per 50 lb. container

Serving Size 1/4c dry (50g)

Amount per serving

Calories 180

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 39g 14%

Dietary Fiber 8g 28%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 5g

Vitamin D 0mcg 0%

Calcium 15mg 2%

Iron 1mg 6%

Potassium 140mg 2%

* 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.