

without further processing. This notification applies to all products and will remain in effect unless notified in writing by Metro Commodities, Inc.

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 34 servings per 4 lb container
About 171 servings per 20 lb. container
About 214 servings per 25 lb. container
About 428 servings per 50 lb. container
Serving Size 1/4c dry (53g)

Amount per serving

Calories 180

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 34g 12%

Dietary Fiber 7g 25%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 11g

Vitamin D 0mcg 0%

Calcium 70mg 6%

Iron 3.7mg 20%

Potassium 770mg 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.