

Nutrition Facts

About 10 servings per 1 lb. container
About 40 servings per 4 lb. container
About 101 servings per 10 lb. container
About 202 servings per 20 lb. container
About 252 servings per 25 lb. container
About 504 servings per 50 lb. container

Serving Size 1/4c dry (45g)

Amount per serving

Calories 160

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 29g 11%

Dietary Fiber 10g 36%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 8g

Vitamin D 0mcg 0%

Calcium 50mg 4%

Iron 2mg 10%

Potassium 540mg 10%

* 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.