

Nutrition Facts

About 9 servings per 1 lb. container
About 16 servings per 1.7 lb container
About 37 servings per 4 lb. container
About 189 servings per 20 lb. container
About 231 servings per 25 lb. container
About 463 servings per 50 lb. container

Serving Size ¼ cup dry (49g)

Amount per serving

Calories 170

	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 31g	11%
Dietary Fiber 7g	25%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 2mg	10%
Potassium 680mg	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.