

## 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 178 servings per 20 lb. container  
 About 222 servings per 25 lb. container  
 About 444 servings per 50 lb. container

**Serving Size** 1/4c dry (51g)

Amount per serving

**Calories** **170**

% Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 5mg 0%

**Total Carbohydrate** 32g 12%

Dietary Fiber 10g 36%

Total Sugars 4g

Includes 0g Added Sugars 0%

**Protein** 10g

Vitamin D 0mcg 0%

Calcium 40mg 4%

Iron 3.2mg 20%

Potassium 710mg 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.