

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 93 servings per 10 lb. container
About 185 servings per 20 lb. container
About 231 servings per 25 lb. container
About 463 servings per 50 lb. container

Serving Size 1/4c dry (49g)

Amount per serving

Calories 170

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 31g 11%

Dietary Fiber 7g 25%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 11g

Vitamin D 0mcg 0%

Calcium 55mg 4%

Iron 2.5mg 15%

Potassium 730mg 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.