

# Nutrition Facts

About 10 servings per 1 lb. container  
About 16 servings per 1.7 lb. container  
About 39 servings per 4 lb. container  
About 97 servings per 10 lb. container  
About 193 servings per 20 lb. container  
About 241 servings per 25 lb. container  
About 483 servings per 50 lb. container  
About 21270 servings per 1000kg tote

**Serving Size** 1/4c dry (47g)

Amount per serving

**Calories** 160

	% Daily Value*
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 30g	11%
Dietary Fiber 5g	18%
Total Sugars 3g	
Includes 0g Added Sugars	0%
<b>Protein</b> 11g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 3mg	15%
Potassium 520mg	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.