

Physical Characteristics

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| 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 189 servings per 20 lb. container

About 472 servings per 50 lb. container

Serving Size 1/4c dry (48g)

Amount per serving

Calories 160

% Daily Value*

Total Fat 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 5mg 0%

Total Carbohydrate 29g 11%

Dietary Fiber 7g 25%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 10g

Vitamin D 0mcg 0%

Calcium 45mg 4%

Iron 3.1mg 15%

Potassium 650mg 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.