

## Physical Characteristics

|                                        |               |
|----------------------------------------|---------------|
| Moisture                               | 15.0% Maximum |
| Total Damaged                          | 2.0% Maximum  |
| Foreign Material (naturally occurring) | 0.1% Maximum  |
| Other Colors (Whole & Split)           | 0.3% Maximum  |

## Nutrition Facts

About 9 servings per 1 lb. container  
About 16 servings per 1.7 lb. container  
About 185 servings per 20 lb. container  
About 231 servings per 25 lb. container  
About 462 servings per 50 lb. container

**Serving Size** 1/4c dry (49g)

Amount per serving

**Calories** 180

% Daily Value\*

**Total Fat** 2g 3%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 0mg 0%

**Total Carbohydrate** 30g 11%

Dietary Fiber 11g 40%

Total Sugars 0g

Includes 0g Added Sugars 0%

**Protein** 11g

Vitamin D 0mcg 0%

Calcium 25mg 2%

Iron 2mg 10%

Potassium 420mg 8%

\* 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.