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

C	% 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 Su	ıgars 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.

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