

without further processing. This notification applies to all products and will remain in effect unless notified in writing by Metro Commodities, Inc.

## Nutrition Facts

About 9 servings per 1lb. container  
About 16 servings per 1.7 lb. container  
About 19 servings per 2 lb. container  
About 189 servings per 20 lb. container  
About 520 servings per 55 lb. container

**Serving Size** 1/4c dry (48g)

Amount per serving

**Calories** 170

**m** % Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 0mg 0%

**Total Carbohydrate** 30g 11%

Dietary Fiber 5g 18%

Total Sugars 0g

Includes 0g Added Sugars 0%

**Protein** 11g

Vitamin D 0mcg 0%

Calcium 25mg 2%

Iron 3.5mg 20%

Potassium 320mg 6%

\* 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.