

Lentils-Red

Nutrition Facts			
Serving Size:		100g	
Serving per Container:			
Amount per Serving			
Calories		Calories from Fat:	
% Daily Value *			
Total Fat	1.4 g		%
Saturated Fat	g		%
Cholesterol	mg		%
Sodium	mg		%
Total Carbohydrates	66.8 g		%
Dietary Fiber	4.4 g		%
Sugars	g		
Protein	19.5 g		
Vitamin A		Vitamin C	
Calcium		Iron	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrates		300 g	375 g
Dietary Fiber		25 g	30 g
Calories per gram			
	Fat	9	Carbohydrates 4 Protein 4

Ingredients: Red Lentils