

## Indian Red Lentils

Nutrition Facts	
Serving Size 1/2 cup (163g)	
Servings Per Container 1	
<b>Amount Per Serving</b>	
<b>Calories</b> 140	Calories from Fat 5
% Daily Value*	
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>1%</b>
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 290mg	<b>12%</b>
<b>Potassium</b> 290mg	<b>8%</b>
<b>Total Carbohydrate</b> 19g	<b>6%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 2g	
<b>Protein</b> 6g	
Vitamin A 8%	• Vitamin C 8%
Calcium 2%	• Iron 15%
Thiamin 10%	• Riboflavin 4%
Niacin 4%	• Vitamin B6 10%
Folacin 15%	• Vitamin B12 0%
Phosphorus 8%	• Zinc 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	<b>Calories: 2,000 2,500</b>
<b>Total Fat</b>	Less than 65g 80g
<b>Sat Fat</b>	Less than 20g 25g
<b>Cholesterol</b>	Less than 300mg 300mg
<b>Sodium</b>	Less than 2400mg 2400mg
<b>Total Carbohydrate</b>	300g 375g
<b>Dietary Fiber</b>	25g 30g
Calories per gram:	
Fat 9	* Carbohydrate 4 * Protein 4