

## Lentils

Nutrition Facts			
Serving Size 4 ounces (113g)			
Servings Per Container 1			
Amount Per Serving			
<b>Calories</b>	80	Calories from Fat	0
% Daily Value*			
<b>Total Fat</b>	0g		<b>0%</b>
Saturated Fat	0g		<b>0%</b>
Trans Fat			
Polyunsaturated Fat	0g		
Monounsaturated Fat	0g		
<b>Cholesterol</b>	0mg		<b>0%</b>
<b>Sodium</b>	150mg		<b>6%</b>
<b>Potassium</b>	160mg		<b>5%</b>
<b>Total Carbohydrate</b>	15g		<b>5%</b>
Dietary Fiber	3g		<b>10%</b>
Sugars	0g		
<b>Protein</b>	6g		
Vitamin A 0% • Vitamin C 2%			
Calcium 2% • Iron 8%			
Thiamin 15% • Riboflavin 2%			
Niacin 4% • Vitamin B6 6%			
Folacin 30% • Vitamin B12 0%			
Phosphorus 6% • 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:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat	9	Carbohydrate	4
	*		*
		Protein	4