



Nutritional Fact Sheet

Lentils

Ingredients: "True Dehydrated" Lentils

Description & Directions: Our all natural legumes are dehydrated using a patented process. To prepare, add 2-3 parts water to 1 part of product. No sorting, cleaning, or soaking is necessary. Simmer until desired tenderness (approximately 7-10 minutes).

Storage & Shelf-life: Store in original container in a cool, dry location, for 24 months. You may also reseal product in a vacuum type storage bag for extended storage.

Nutrient	Per 100 grams dry	28g (app. 1/4 cup)
Energy (Calories)	370	103.6
Total Fat	2.5g	0.7g
Saturated Fat	0.1g	0.028g
Trans Fat	0g	0g
Cholesterol	0mg	0mg
Sodium	15mg	4.2mg
Total Carbohydrates	62g	17.36g
Dietary Fiber	20g	5.6g
Sugars	2g	0.56g
Protein	25g	7g
Vitamin A (IU)	0	0
Thaimin-B1	0mg	0mg
Riboflavin	0mg	0mg
Niacin	0mg	0mg
Vitamin B-6	0mg	0mg
Vitamin C	0mg	0mg
Calcium	45mg	12.6mg
Iron	7mg	1.96mg
Phosphorus	0mg	0mg
Potassium	0mg	0mg

Plant Location: 806 Rovit Street, Greenville, NC 27834

Mailing Address: PO Box 439, Winterville, NC 28590

Service Dept. (252) 353-2008 / Ordering (800) 696-1395 / Fax (252) 353-2009

www.harmonyhousefoods.com