



Nutritional Fact Sheet

Lentils

Ingredients: 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
Calories	370 kcal
Protein	23 g
Total Carbohydrate	66 g
Sugars	2 g
Added Sugars	0 g
Dietary Fiber	15 g
Total Fat	1.5 g
Saturated Fat	0 g
Cholesterol	0 mg
Vitamin D	0 mcg
Calcium	75.6 mg
Iron	5.9 mg
Potassium	693 mg
Sodium	30 mg
Trans Fat	0 g