



# 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)	370.00	103.60
Total Fat	2.50g	0.70g
Saturated Fat	0.10g	0.03g
Trans Fat	0.00g	0.00g
Cholesterol	0.00mg	0.00mg
Sodium	15.00mg	4.20mg
Total Carbohydrates	62.00g	17.36g
Dietary Fiber	20.00g	5.60g
Sugars	2.00g	0.56g
Protein	25.00g	7.00g
Vitamin A (IU)	0.00	0.00
Thaimin-B1	0.00mg	0.00mg
Riboflavin	0.00mg	0.00mg
Niacin	0.00mg	0.00mg
Vitamin B-6	0.00mg	0.00mg
Vitamin C	0.00mg	0.00mg
Calcium	45.00mg	12.60mg
Iron	7.00mg	1.96mg
Phosphorus	0.00mg	0.00mg
Potassium	0.00mg	0.00mg

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