

## Red Split Lentils

<b>Nutrition Facts</b>	
<b>Serving Size : Per 1/2 cup ( 100 gm.)</b>	<b>% Daily Value *</b>
<b>Amount</b>	
<b>Calories 348</b>	
<b>Fat 1.4 g</b>	<b>2 %</b>
<b>Saturated Fat 0.2 g</b>	<b>1 %</b>
<b>Trans fat 0 g</b>	
<b>Cholesterol 0 mg</b>	<b>0 %</b>
<b>Sodium 8 mg</b>	<b>0 %</b>
<b>Carbohydrate 59 g</b>	<b>20 %</b>
<b>Fiber 17 g</b>	<b>68 %</b>
<b>Sugar 1.8 g</b>	
<b>Protein 25 g</b>	
<b>Vitamin A</b>	<b>1%</b>
<b>Vitamin C</b>	<b>2%</b>
<b>Calcium</b>	<b>5%</b>
<b>Iron</b>	<b>40%</b>

**Ingredients: Red Lentils**