

Green Lentils

Nutrition Facts	
Serving Size ½ cup: (100 gm.)	
Amount	% Daily Value *
Calories 350	
Fat 1.0g.	2 %
Saturated Fat 0 g.	0 %
Trans fat 0 g.	
Cholesterol 0 mg.	0 %
Sodium 5 mg.	0 %
Carbohydrate 60 g.	20 %
Fiber 28 g.	112 %
Sugar 2 g.	
Protein 25 g.	
Vitamin A	2%
Vitamin C	4%
Calcium	6%
Iron	40%