


Nutritional Data Sheet

	Item: Organic Green Lentils, in 25 lb bags
	Item#: R10037

Effective Date: 08/04/2009
Doc #: NDS-R10037

Nutrition Facts			
Serving Size 100g (100g)			
Amount Per Serving			
Calories 345	Calories from Fat 18		
% Daily Value*			
Total Fat 2g	3%		
Saturated Fat 0g	2%		
Cholesterol 0mg	0%		
Sodium 7mg	0%		
Total Carbohydrate 59g	20%		
Dietary Fiber 11g	43%		
Sugars			
Protein 25g			
Vitamin A 1%	• Vitamin C 3%		
Calcium 4%	• Iron 42%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g
Calories per gram:			
Fat 9	•	Carbohydrate 4	• Protein 4
NutritionData.com			

NOTE: This nutritional information is provided as a typical analysis for this product type. It is not meant to specifically represent the lot that is purchased.

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