

Nutrition Facts

48 servings per container

Serving size 1/4 Cup (47g) Dry
(about 3/4 Cup prepared)

Amount per serving

Calories **160**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 28g **10%**

Dietary Fiber 15g **54%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

Protein 12g

Vitamin D 0mcg **0%**

Calcium 23mg **2%**

Iron 4mg **20%**

Potassium 436mg **10%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Use in soups, stews, casseroles. May be sprouted or used raw.

DIRECTIONS:

Yield: 8 Servings

1. Remove oxygen absorber and discard.
2. Rinse lentils.
3. Bring 5 Cups of water to a boil.
4. Add 2 Cups of lentils and reduce heat to medium.
4. Cook for 15 to 20 minutes or until tender.

Lentils do not require presoaking.

INGREDIENTS: Lentils.

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