

Living Lentil Salad

Nutrition Facts

8 servings per container

Serving size 1/2Cup (53g)

Amount Per Serving

Calories 290

% Daily Value*

Total Fat 14g 18%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 520mg 23%

Total Carbohydrate 32g 12%

Dietary Fiber 6g 21%

Total Sugars 7g

Includes 0g Added Sugars 0%

Protein 10g

Vitamin D 0mcg 0%

Calcium 50mg 4%

Iron 3.7mg 20%

Potassium 330mg 6%

* 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.

INGREDIENTS: LENTILS, CANOLA OIL, BLACK CURRANT, RED WINE VINEGAR, CAPERS, MUSTARD (WATER, VINEGAR, MUSTARD SEED, SALT, WHITE WINE, FRUIT PECTIN, CITRIC ACID, TARTARIC ACID, SUGAR, SPICE), DEHYDRATED ONION, TURMERIC, PARSLEY, SEA SALT, BLACK PEPPER, MACE, CORIANDER, CINNAMON, NUTMEG, CLOVES, CARDAMOM, CAYENNE PEPPER, CUMIN

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