

Mediterranean Lentil Salad

Nutrition Facts

2 servings per container

Serving size

4 oz (116g)

	Per Serving	Per Container
Calories	390	790
	% Daily Value*	% Daily Value*
Total Fat	15g 19%	30g 38%
Saturated Fat	2.5g 13%	5g 25%
<i>Trans</i> Fat	0g	0g
Cholesterol	5mg 2%	15mg 5%
Sodium	150mg 7%	310mg 13%
Total Carb.	48g 17%	95g 35%
Dietary Fiber	19g 68%	38g 136%
Total Sugars	5g	10g
Incl. Added Sugars	0g 0%	0g 0%
Protein	19g	38g
Vitamin D	0mcg 0%	0.1mcg 0%
Calcium	70mg 6%	150mg 10%
Iron	5.4mg 30%	10.7mg 60%
Potassium	540mg 10%	1090mg 25%

* 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: GREEN LENTILS, RED ONION, BLACK BELUGA LENTILS, OLIVE OIL, FETA (PASTEURIZED MILK, NONFAT MILK, SALT, CHEESE CULTURE), SUNDRIED TOMATOES, KALAMATA OLIVES, BALSAMIC VINEGAR, RED WINE VINEGAR, GARLIC, FRESH OREGANO, DRIED OREGANO

CONTAINS: MILK