

B-FAMILY STYLE LENTILS

 1 bowl

INGREDIENTS

- 8 half cups of A-Lentils (1352 g)

NUTRITIONAL INFORMATION

	PER 100 g	PER BOWL (1361 g)	% DRI
ENERGY	87 kcal	1179 kcal	59 %
FAT	2 g	23 g	35 %
FATTY ACIDS, TOTAL SATURATED	0 g	3 g	15 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	240 mg	3264 mg	136 %
CARBOHYDRATE	13 g	183 g	61 %
SUGARS	1 g	13 g	—
FIBER	2 g	30 g	119 %
PROTEIN	5 g	68 g	—