

# KALE & LENTIL

## Nutrition Facts

1 serving per container

**Serving size**      **About 2/3 cup (78g)**

**Amount Per Serving**

**Calories**

**280**

**% Daily Value\***

**Total Fat** 1.5g **2%**

Saturated Fat 0g **0%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 460mg **20%**

**Total Carbohydrate** 48g **17%**

Dietary Fiber 11g **39%**

Total Sugars 5g

Includes 1g Added Sugars **2%**

**Protein** 18g

Vit. D 0mcg 0% • Calcium 110mg 8%

Iron 3.9mg 20% • Potas. 770mg 15%

\* 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.