

06/22/2012

Nutrition Facts	
Serving Size 1 cup (227g)	
Servings Per Container 3	
Amount Per Serving	
Calories 180	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 510mg	21%
Total Carbohydrate 26g	9%
Dietary Fiber 6g	24%
Sugars 3g	
Protein 8g	
Vitamin A 30%	• Vitamin C 4%
Calcium 4%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Water, Green Lentils, Potatoes, Carrots, Yellow Onion, Vegetable Base (Vegetables(Tomato, Carrot, Onion), Sea Salt, Dextrose, Organic Evaporated Cane Juice, Canola Oil, Natural Flavoring, Potato Flour), Canola Oil, Celery, Garlic, Spices.

Saturated Fat: saturated fat free
 Cholesterol: cholesterol free
 Dietary Fiber: high dietary fiber
 Vitamin A - IU: high vitamin A
 Iron: good source of iron