

06/22/2012

## Nutrition Facts

Serving Size 1 cup (227g)  
Servings Per Container 3

Amount Per Serving

**Calories** 200      **Calories from Fat** 90

% Daily Value\*

**Total Fat** 10g      **15%**

    Saturated Fat 6g      **30%**

    Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 480mg      **20%**

**Total Carbohydrate** 21g      **7%**

    Dietary Fiber 5g      **20%**

    Sugars 2g

**Protein** 9g

Vitamin A 6%      • Vitamin C 2%

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, Coconut Milk(Coconut Extract, Water, Citric Acid (as antioxidant), Sodium Metabisulphate (as preservative), Red Lentils, Yellow Onion, Vegetable Base (Vegetables(Tomato, Carrot, Onion), Sea Salt, Dextrose, Organic Evaporated Cane Juice, Canola Oil, Natural Flavoring, Potato Flour), Canola Oil, Garlic, Spices.

Iron: good source of iron

Contains Coconut.