

# Nutrition Facts

1 servings per container

**Serving size** 1 serving (170g)

Amount Per Serving

**Calories** **220**

% Daily Value\*

**Total Fat** 5g **6%**Saturated Fat 0.5g **3%***Trans* Fat 0g**Cholesterol** 0mg **0%****Sodium** 190mg **8%****Total Carbohydrate** 33g **12%**Dietary Fiber 7g **25%**

Total Sugars 2g

Includes 0g Added Sugars **0%****Protein** 13g **26%**

Vitamin D 0mcg 0%

Calcium 35mg 2%

Iron 4mg 20%

Potassium 629mg 15%

Phosphorus 20%

\*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: Red Lentils, Quinoa, Avocado, Beets, Nutritional Yeast, Lemon Juice, Salt.