

Nutrition Facts

Lentil Salad

Serving Size: cup (103g)

Amount Per Serving

Calories 127.5

Calories from Fat 46.5

% Daily Value*

Total Fat 5g

8%

Saturated Fat 0.7g

3%

Trans Fat 0g

Polyunsaturated Fat 0.7g

Monounsaturated Fat 3.6g

Cholesterol 0mg

0%

Sodium 374.5mg

16%

Potassium 314mg

9%

Total Carbohydrates 15.5g

5%

Dietary Fiber 5.5g

22%

Sugars 2.4g

Protein 6g

Vitamin A

41.5%

Vitamin C

9%

Calcium

2%

Iron

13%

* Percent Daily Values are based on a 2000 calorie diet.

Lentil
Salad