

My Own Meal
Hearty Lentil Stew

Nutrition Facts

1 servings per container

Serving size 1 Pouch (283g)

Amount Per Serving

Calories 260

% Daily Value*

Total Fat 7g 9%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 390mg 17%

Total Carbohydrate 42g 15%

Dietary Fiber 8g 29%

Total Sugars 9g

Includes 0g Added Sugars 0%

Protein 9g

Vitamin D 0mcg 0%

Calcium 100mg 8%

Iron 4.2mg 25%

Potassium 1080mg 25%

*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.