

# Nutrition Facts

**Lentils**

**Serving size (100g)**

**Amount Per Serving**

**Calories**

**120**

[www.ihcare.ae](http://www.ihcare.ae)

**% Daily Value\***

<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0.1g	<b>1%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 8g	<b>29%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 9g	<b>18%</b>
<b>Vitamin D</b> 0mcg	<b>0%</b>
<b>Calcium</b> 26mg	<b>2%</b>
<b>Iron</b> 3.42mg	<b>20%</b>
<b>Potassium</b> 0mg	<b>0%</b>
<b>Vitamin C</b> 1.8mg	<b>2%</b>

\*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.