

Miss Olives -Lentils & Beef

Nutrition Facts

1 servings per container

Serving size 1 Tray (198g)

Amount Per Serving

Calories **190**

% Daily Value*

Total Fat 7g **9%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 400mg **17%**

Total Carbohydrate 27g **10%**

Dietary Fiber 11g **39%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

Protein 13g

Vitamin D 0mcg **0%**

Calcium 40mg **4%**

Iron 2.8mg **15%**

Potassium 490mg **10%**

*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.