

# RED LENTIL SOUP

## Nutrition Facts

16 Servings

Amount Per Serving: ½ pint

<b>Calories</b>	223.9
<b>Total Fat</b>	4.6 g
Saturated Fat	0.6 g
Polyunsaturated Fat	0.9 g
Monounsaturated Fat	2.7 g
<b>Cholesterol</b>	0.0 mg
<b>Sodium</b>	1,585.6 mg
<b>Potassium</b>	1,141.2 mg
<b>Total Carbohydrate</b>	38.0 g
Dietary Fiber	11.8 g
Sugars	9.0 g
<b>Protein</b>	12.0 g
Vitamin A	70.9 %
Vitamin B-12	0.0 %
Vitamin B-6	22.2 %
Vitamin C	34.6 %
Vitamin D	0.0 %
Vitamin E	14.4 %
Calcium	7.5 %
Copper	25.8 %
Folate	51.9 %
Iron	33.0 %
Magnesium	19.1 %
Manganese	40.1 %
Niacin	16.2 %
Pantothenic Acid	13.3 %
Phosphorus	24.7 %
Riboflavin	13.4 %
Selenium	5.2 %
Thiamin	16.5 %
Zinc	11.9 %

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs.