Ingredients: Water, Lentils, Cooked Andouille Sausage Crumbles with Smoke Flavor Added (pork, water, and 2% or less of the following: garlic, salt, spices, paprika, sugar, dehydrated garlic, natural flavor, maltodextrin, modified corn starch, corn syrup solids, natural smoke flavor, sodium phosphates, rendered pork fat, yeast extract, canola oil). **Bacon** (pork cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite). **Celery, Tomato Paste, Modified Food Starch. Contains less than 1% of:** Onions, Soybean Oil, Salt, Paprika, Onion Powder, Spice, Sugar, Maltodextrin, Potassium Chloride, Garlic Powder, Yeast Extract, Corn Protein (hydrolyzed), Dextrose, Tomato Extract, Olive Oil, Bacon Fat, Smoke Flavor, Disodium Phosphate, Flavoring, Dried Vinegar, Grill Flavor, Citric Acid, Acetic Acid.

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Exchanges: 1½ Starch, 1 High-Fat Meat
Based on Academy of Nutrition and Dietetics and American Diabetes Association criteria
Visit our website at www.Progresso.com

BETTER IF USED BY DATE ON END OF CAN

Nutrition Facts
Serving Size 1 cup (253g)
Servings Per Container about 2

Amount Per Serving	
Calories	210
Calories from Fat	100
	% Daily Value*
Total Fat 11g	**17%**
Saturated Fat 3.5g	**17%**
Trans Fat 0g	
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 4.5g	
Cholesterol 15mg	**5%**
Sodium 680mg	**29%**
Total Carbohydrate 22g	**7%**
Dietary Fiber 4g	**17%**
Sugars 2g	
Protein 9g	

Vitamin A 10% • Vitamin C 0%
Calcium 2% • Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet.