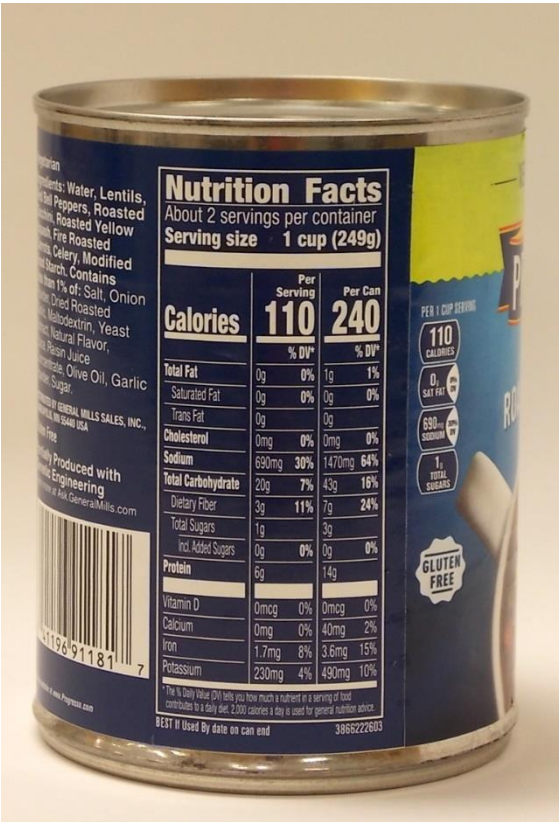




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Ingredients: Water, Lentils, Roasted Red Peppers, Roasted Yellow Peppers, Roasted Yellow Peppers, Celery, Modified Food Starch, Contains 1% or less of: Salt, Onion Powder, Onion Roasted Powder, Maltodextrin, Yeast Extract, Natural Flavor, Citric Acid, Peas, Juice of Peas, Olive Oil, Garlic Powder, Sugar.

Produced with
Engineering
General Mills.com



Nutrition Facts

About 2 servings per container
Serving size 1 cup (249g)

	Per Serving	Per Can
Calories	110	240
	% DV*	% DV*
Total Fat	0g 0%	1g 1%
Saturated Fat	0g 0%	0g 0%
Trans Fat	0g 0%	0g 0%
Cholesterol	0mg 0%	0mg 0%
Sodium	690mg 30%	1470mg 64%
Total Carbohydrate	20g 7%	43g 16%
Dietary Fiber	3g 11%	7g 24%
Total Sugars	1g 0%	3g 0%
Incl. Added Sugars	0g 0%	0g 0%
Protein	6g 14%	14g 24%
Vitamin D	0mcg 0%	0mcg 0%
Calcium	0mg 0%	40mg 2%
Iron	1.7mg 8%	3.6mg 15%
Potassium	230mg 4%	490mg 10%

*Percent Daily Values are based on a diet of other people's secrets.
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.
BEST BY Used By date on can end 3866222603

PER 1 CUP SERVING
110 CALORIES
0g SAT FAT
690mg SODIUM
1g TOTAL SUGARS

GLUTEN FREE



Nutrition Facts

about 32 servings per container
Serving size 1 Tbsp. (14g)

Amount per serving	100
Calories	
	% Daily Value
Total Fat 12g	15%
Saturated Fat 7g	35%
Cholesterol 30mg	10%
Sodium 90mg	4%
Total Carbohydrate 0g	0%
Protein 0g	

Not a significant source of trans fat, dietary fiber, total sugars, added sugars, vitamin D, calcium, iron and potassium.

INGREDIENTS: CREAM MILK, SALT
CONTAINS MILK
DISTRIBUTED BY: Wal-Mart Stores, Inc.,
Bentonville, AR 72716