without further processing. This notification applies to all products and will remain in effect unless notified in writing by Metro Commodities, Inc.

## **Nutrition Facts**

About 9 servings per 1lb. container
About 16 servings per 1.7 lb. container
About 19 servings per 2 lb. container
About 189 servings per 20 lb. container
About 520 servings per 55 lb. container
Serving Size
1/4c dry (48g)

Amount per serving

## **Calories**

170

<b>m</b> % Da	aily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 30g	11%
Dietary Fiber 5g	18%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 25mg	2%
Iron 3.5mg	20%
Potassium 320mg	6%

<sup>\*</sup> 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.

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 Effective Date: 08/23/2024
 Page 2 of 2
 RH Red Lentils

 Supersedes: 12/28/2022
 RH Red Lentils