

Nutrition Facts for Masala Mango Lentil Bowl

| Nutrition Facts | Amount/serving | % DV | Amount/serving | % DV |
|--|-------------------------|---------------------|-----------------------|-------------------------|
| | Serving size: 1 Portion | Total Fat 7g | 8% | Total Carb. 143g |
| Saturated Fat 4.5g | | 23% | Fiber 8g | 34% |
| <i>Trans</i> Fat 0g | | | Total Sugars 14g | |
| Cholesterol 0mg | | 0% | Incl. 4g Added Sugars | 7% |
| Calories per serving | 720 | Sodium 50mg | 2% | Protein 24g |
| Vitamin D 0% · Calcium 8% · Iron 40% · Potassium 25% | | | | |

Ingredients

Basmati Rice, Mangos, Lentils, Spinach, Coconut Milk, Cilantro, Red Wine Vinegar, Shallots - Peeled, White Sugar, Honey, Lime Juice, Beets, Red Onions, Bay Leaves - Dry

Contains

COCONUT

Characteristics

Vegan · Gluten Free · Dairy Free · Corn Free · Peanut Free