

Nutrition Facts

Serving Size
8.0 fl oz

Calories
per serving **410**

Amount/serving

% DV

Total Fat 12g

16%

Saturated Fat 2g

9%

Trans Fat 0g

Cholesterol 0mg

0%

Sodium 170mg

8%

Amount/serving

% DV

Total Carb. 58g

21%

Fiber 16g

58%

Total Sugars 6g

Incl.0g Added Sugars

0%

Protein 25g

Vitamin D 10% · Calcium 6% · Iron 40% · Potassium 35%

Green Lentil and Mushroom Stew

Ingredients: water, green small lentil, button mushroom, shitake mushroom, roasted tomatoes, yellow onion, mushroom, cremini, diced onion, carrot, celery, olive oil, white wine, carrot, mushroom, dry shitake, stems and peelings mushroom, leek, thyme, garlic, parsley, sherry vinegar, Sherry, olorosso, kosher salt, black pepper, shallots, granulated sugar, bay leaf, Dijon mustard, white pepper