

Nutrition Facts

Serving Size
16 portion

Calories
per serving **190**

Amount/serving	% DV	Amount/serving	% DV
Total Fat 1g	1%	Total Carb. 37g	13%
Saturated Fat 0g	0%	Fiber 6g	22%
<i>Trans Fat</i> 0g		Total Sugars 8g	
Cholesterol 0mg	0%	Incl.0g Added Sugars	0%
Sodium 480mg	21%	Protein 8g	

Vitamin D 0% · Calcium 4% · Iron 15% · Potassium 8%

Lentil & Vegetable Loaf with Tomato Relish

Ingredients: water, tomatoes, french green lentil, yellow onion, red bell pepper, ketchup, carrot, celery, oats, sorghum flour, shallots, green bell pepper, balsamic vinegar, maple syrup, flax seeds, brown sugar, jalapeño pepper, garlic, apple cider vinegar, low sodium vegetable base, italian seasoning spice, kosher salt, worcestershire sauce, black pepper, garlic powder, onion powder, cumin, smoked paprika