



**386**  
**SERVINGS**



**SHELF LIFE**  
**UP TO 30 YEARS**

Shelf Life: Best when stored  
in a cool dry place at  
temperatures between 55° and  
70° F (ideal humidity 15%).

*Shelf life estimates are based  
on industry studies from  
sources deemed reputable.  
Since Augason Farms has no  
control over individual storage  
practices, they must disclaim  
any liability or warranty for  
particular results.*

**FOOD STORAGE**  
**EMERGENCY**  
**EVERYDAY FOOD**

# Lentils

Nutrition Facts

Serving Size: 1/4 Cup (47g dry)

Servings Per Container: 386

Amount Per Serving

Calories 100

Calories from Fat 0

% Daily Value\*

Total Fat 0g0%

Saturated Fat 0g0%

Trans Fat 0g

Cholesterol 0mg0%

Sodium 5mg0%

Total Carbohydrate 28g9%

Dietary Fiber 13g53%

Sugars 0g

Protein 12g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 20%

\*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbs 4 • Protein 4

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## DIRECTIONS:

Bring to a boil 5 cups of water. Add two cups of lentils and reduce heat, cook until tender.

Lentils do not require presoaking.

Use in soups, stews, casseroles. May be sprouted or used raw.

**INGREDIENTS:** Lentils.

Contains oxygen absorber.  
Discard immediately upon opening.

1-800-878-0099

**www.AugasonFarms.com**

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