

Carrot Lentil Casserole \$.85

Nutrition Facts Serving Size: 0.5 cup (137.35g), Servings Per Container: 1, Amount Per Serving: **Calories** 110, Calories from Fat 5, **Total Fat** 0.5g (1% DV), Saturated Fat 0g (0% DV), *Trans* Fat 0g, **Cholesterol** 0mg (0% DV), **Sodium** 80mg (3% DV), **Total Carbohydrate** 22g (7% DV), Dietary Fiber 5g (20% DV), Sugars 4g, **Protein** 5g, Vitamin A (15% DV), Vitamin C (20% DV), Calcium (0% DV), Iron (8% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Ingredients: Roseli Plum Tomato Strips in Puree; Tap Water; Lentils, Dry; Green Bell or Sweet Pepper; Long Grain Brown Rice, Dry; FLAV-R-PAC Diced Carrots, Frozen; Onions, Chopped; Low Sodium Vegetable Base, Minor's; Garlic Clove; Table Salt; Ground Oregano; Ground Thyme; Basil; Ground Sage

