



# Black Lentil & Roasted Garlic Dahl

Black beluga lentils, sautéed onions, roasted garlic and ginger, slow-simmered in a rich tomato broth infused with warming spices, finished with butter and heavy cream.



Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>1 Cup (245g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>250</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 810mg	<b>35%</b>
<b>Total Carbohydrate</b> 32g	<b>12%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 10g	
Vitamin D 0mcg	<b>0%</b>
Calcium 65mg	<b>6%</b>
Iron 4mg	<b>20%</b>
Potassium 251mg	<b>6%</b>
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	



**INGREDIENTS:** Water, Black Lentils, Onions, Tomato Puree (tomatoes, salt, naturally derived citric acid), Butter (cream, salt), Heavy Cream, Roasted Garlic, Ginger Puree (ginger, water), Spices, Canola Oil, Sea Salt, Cocoa Powder (processed with alkali).  
**Contains Milk.**

**VN** VEGAN

**VG** VEGETARIAN

**DF** DAIRY FREE

**GF** GLUTEN FREE

**LF** LOW FAT

**OR** ORGANIC

Technical data as of 6.4.18  
Subject to change.

*Kettle Cuisine soups are formulated for Westerly Natural Market*