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**

<table>
<thead>
<tr>
<th>Serving per container</th>
<th>Amount per serving</th>
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</thead>
<tbody>
<tr>
<td>1 Cup (245g)</td>
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<table>
<thead>
<tr>
<th>Calories</th>
<th>250</th>
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</table>

- Total Fat 10g: 13%
- Saturated Fat 4.5g: 23%
- Trans Fat 0g
- Cholesterol 20mg
- Sodium 810mg: 35%
- Total Carbohydrate 32g
- Dietary Fiber 5g: 18%
- Total Sugars 4g
- Includes 0g Added Sugars
- Protein 10g
- Vitamin D 0mcg
- Calcium 65mg
- Iron 4mg: 20%
- Potassium 251mg: 6%

*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.

**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.