



# Product Data Sheet

April 2019

## VEGAN FOOD

### CHANNA DAL Soup

DALS are soupy side dishes of lentils and beans in India

Channa Dal (Baby Dark Chickpea Kernel) in their own creamy sauce with Cucumber. Add ¼ cup water, Heat and Serve as a side dish or entrée with rice and breads. Add ½ cup water to serve as a soup.

**Recipes:** Channa Dal for Soup and a stew are printed on the back of the pouch.

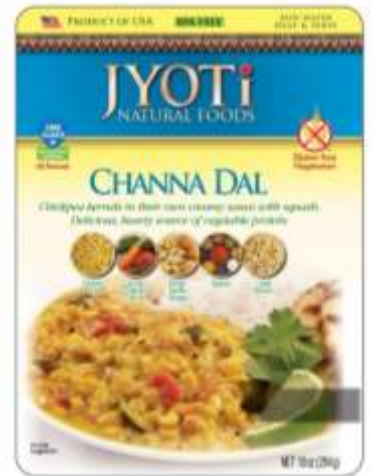
**Ingredients:** Filtered water, Channa Dal Kernel, Urad Bean kernel, tomato, cucumber, freshly diced onion, spinach, sunflower oil, ginger, garlic, salt, spices.

**Sodium Note:** Channa Dal is normally served with unsalted rice and breads which share it's salt content.

**Package:** BPA Free Microwaveable Pouch

10 oz net weight (285 g)

**Shelf Life** (from date of production): 2 years



Nutrition Facts	
3 servings per container	
<b>Serving size</b>	4 oz (113g/4 oz)
<b>Amount per serving</b>	
<b>Calories</b>	<b>130</b>
% Daily Value *	
<b>Total Fat</b> 6g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 300mg	13%
<b>Total Carbohydrate</b> 15g	5%
Dietary Fiber 1g	2%
Total Sugars 2g	
Includes 0g Added Sugars	0%
<b>Protein</b> 5g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1.4mg	8%
Potassium 180mg	4%
* The % Daily Value (DV) 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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	



**Cooked and Packed in the USA**