



Product Details

VEGAN

MUNG DAL, Soup

DALS are soupy side dishes of lentils and beans in India

Mung Beans and Kernels in their own creamy sauce with spinach. 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 using Mung Dal for Soup and a stew are printed on the back of the pouch and more are on our web site under recipes.

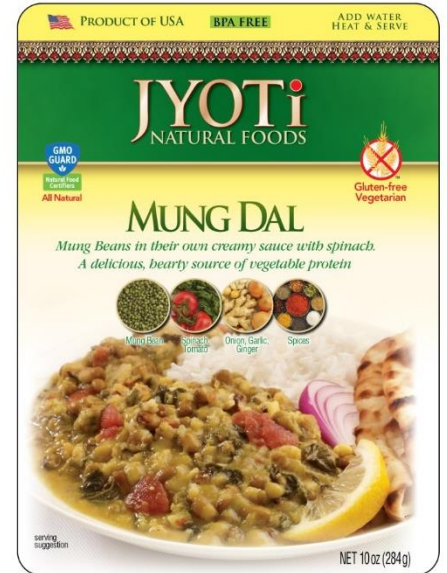
Ingredients: Filtered water, Mung beans, tomato, freshly diced Onion, Spinach, Fresh Ginger, Fresh Garlic, sea salt, spices and sunflower oil.

Sodium Note: Mung 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	
Serving size 1/2 cup as prepared (114g/4 oz)	
Amount per serving	
Calories	130
	% Daily Value *
Total Fat 5g	7%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 380mg	17%
Total Carbohydrate 16g	6%
Dietary Fiber 2g	8%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 1.8mg	10%
Potassium 330mg	8%
* 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