



# Product Data Sheet

April 2019

## 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.

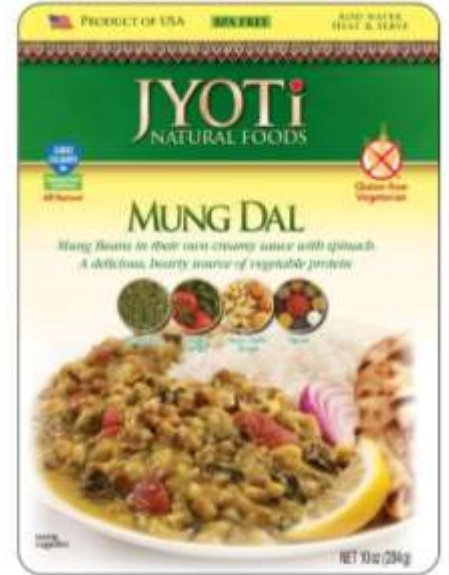
**Ingredients:** Filtered water, Mung beans, tomato, freshly diced onion, spinach, ginger, garlic, sea salt, spices and sunflower oil.

**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  |                 |
| <b>Calories</b>   | <b>130</b>      |
|   | % Daily Value * |
| Total Fat 5g  | 7%              |
| Saturated Fat 0.5g  | 3%              |
| Trans Fat 0g  |                 |
| Cholesterol 0mg   | 0%              |
| Sodium 380mg  | 17%             |
| <b>Total Carbohydrate</b> 16g   | 6%              |
| Dietary Fiber 2g  | 8%              |
| Total Sugars 2g   |                 |
| Includes 0g Added Sugars  | 0%              |
| <b>Protein</b> 8g   |                 |
| Vitamin D 0mg   | 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**