

# YOUR<sup>®</sup> Super Food

## BOLIVIAN QUINOA, 80 % Green LENTILS, 20 %

YOUR Super Food, Quinoa-Lentils is made with Bolivian Quinoa and Green Lentils grown in the US. We use fresh Onions, fresh Bell Peppers and even fresh Garlic to get the right Tex-Mex flavor with tomato and some spices. It is fully cooked and ready to heat and serve.

### 14 g of plant Protein in every pouch

**DIRECTIONS:** Cut at the notch to make a small vent and heat in a microwave for about 1 min. Empty the pouch in a serving dish. For stove top, empty the pouch in a heavy skillet and heat on low heat to desired serving temperature.

**INGREDIENTS:** Quinoa, Tomato, Fresh Onion, Lentils, Fresh Bell Pepper, Extra Virgin Olive Oil, Fresh Garlic, Spices, Salt.

Following are unedited photos of the Quinoa-Lentils from the pouch and a freshly made Quinoa-lentil Salad:



Lentils mostly dissolve and are not very visible, but the flavor is !

<b>Nutrition Facts</b>	Amount/Serving	% DV *	Amount/Serving	% DV *
	<b>Total Fat</b> 5g		7%	<b>Total Carb.</b> 30g
Sat. Fat 0.5g		3%	Fiber 4g	14%
<i>Trans</i> Fat 0g			Total Sugars 1g	
<b>Cholest.</b> 0mg		0%	Incl. 0g Added Sugars	0%
<b>Sodium</b> 390mg		17%	<b>Protein</b> 7g	
Vitamin D 0mcg 0% • Calcium 30mg 2% • Iron 2.7mg 15% Potassium 340mg 8%				

2 servings per container

**Serv. Size**  
4 oz (113g)

**Calories** 190  
per serving