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# 903273-KIDS IPE TP Curry Lentil Stew Brown Rice

Number of Servings: 1 (226.8 g per serving)

Weight: 226.8 g

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## Nutrition Facts

Serving Size (227g)  
Servings Per Container

Amount Per Serving

**Calories 280**    **Calories from Fat 80**

% Daily Value\*

**Total Fat 9g**                      **14%**

    Saturated Fat 1g                **5%**

    Trans Fat 0g

**Cholesterol 0mg**                **0%**

**Sodium 220mg**                  **9%**

**Total Carbohydrate 42g**      **14%**

    Dietary Fiber 5g                **20%**

    Sugars 3g

**Protein 7g**

Vitamin A 8%                      • Vitamin C 10%

Calcium 6%                        • Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

### Ingredients:

Brown Rice (Water, Brown Rice), Diced Tomatoes (Diced Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid), Water, Lentils, Canola Oil, Onion, Tomato Paste, Curry Powder (Spices, Turmeric, Mustard), Garlic Puree, Lemon Juice, Cornstarch, Sugar, Salt, Cumin, Coriander.

### Notes:

Curry Lentil Stew with Brown Rice