

Colorful Pepper, Lentil Summer Salad

Ingredients	Gram
Green pepper	175
Red Pepper	175
Orange pepper	100
Yellow pepper	50
Olive oil	40
Chopped white onion	225
Ground Thyme	1
Ground Cumin	1.4
Ground Black pepper	1
salt	6
sugar	3.1
Garlic	0.8
Lentil	275
Spinach	175

Procedure

- Heat olive oil and onion at medium temp
- Add pepper, let it heat until very soft
- Add lentil and other spices
- Add spinach

Nutrition Facts

Serving Size (123g)	
Servings Per Container	
Amount Per Serving	
Calories 150	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrate 9g	3%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 2g	
Vitamin A 40%	• Vitamin C 190%
Calcium 4%	• Iron 8%
*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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



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