Lentils Health & Nutrition

100 grams of Lentils

- 26 grams of protein.
- Only 1.5 grams of fat.

108 grams of Steak

- 27 grams of protein.
- 18 grams of fat.

In a recommended 100-gram serving of lentils, there is:

- 18 grams of fibre or 72% of your daily recommended intake of Fibre. That is more fibre than in a 100-gram serving of bran flakes!

- 50% of your daily recommended intake of Folate.

- 25% of your daily recommended intake of Potassium intake. Which is twice as much potassium as in a large banana!

- 45% of your daily recommended intake of Iron.