

## Nutritional Information for Lentils/ Dried Split Peas

Lentil/ Split Peas ½ cup cooked	Calories	Fat	Sat Fat	Carb	Fiber	Protein	Vitamin	Minerals	Misc
Green split peas	168	7	.5	20	8	8	Folate Acid, Thiamin	Potassium, Magnesium, Iron	**
Yellow split peas	168	7	.5	20	8	8	Folate Thiamin	Potassium, Magnesium, Iron	**
Lentils	161	7	.5	18	7	7	Folate, Thiamin	Iron, Potassium, Magnesium, Zinc	**Great source of Iron

Split Peas and Lentils are great vegetarian sources of protein. They are also much lower in saturated fat and higher in fiber than animal sources of protein, which means good news for your heart and overall health.

\*\* Foods high in Potassium and Magnesium help regulate blood pressure.