

Product Name: Lentil Spinach Shepard's Pie



	Shipping Fresh	Shipping Frozen
VIN	4837	1129
Brand	The Greek Table	The Greek Table
Item UPC	7-36211-94029-2	7-36211-94029-2
oz/item	13	13
Case UPC	7-36211-94029-2	10736211940299
Items/case	8	10
Expiration day from production	21 days	365 days/14 days after thaw

104 /pallet

TiHi13x8

***Vegan. Plant based**

**** Gluten free ingredients**

Only 200 Calories

Nutrition Facts

1 serving per container
Serving size 1 tray (369g)

Amount per serving
Calories 200

% Daily Value *

Total Fat 3g	4%
Saturated Fat 1.5g	6%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 490mg	21%
Total Carbohydrate 34g	12%
Dietary Fiber 12g	42%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 13g	
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 6.1mg	35%
Potassium 1080mg	25%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Lentils, Potato, Spinach, Onions, Zucchini, Yellow Squash, Green Bell Peppers, Carrots, Water, Red Bell Peppers, Spanish Capers (Capers, Water, Salt, Wine Vinegar), Garlic, Coconut Oil, Cumin, Extra Virgin Olive Oil, Spices, Paprika, Salt, Black Pepper, White Pepper
CONTAINS: Tree Nuts (coconut)

Sold by
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**Lentil Spinach
 Shepherd's Pie
 with Grilled Vegetables**
VEGAN

- ✓ **Gluten Free Ingredients**
- ✓ **Only 200 Calories**
- ✓ **0g Trans Fat**

Net wt 13 oz (368 g)

Keep Refrigerated

Reheating Instructions:
 Peel film back but do not detach.
Microwave:
 Heat covered, for 2-3 min or until very hot.[†]
Oven:
 Transfer food to oven-proof container. Preheat oven to 350°F. Heat for 10-15 min, covered, or until very hot.[†]
[†]Internal temperature reaches 165°F.

Nutrition Facts

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Potassium 1080mg	25%	Iron 6.1mg	35%

1 serving per container
Serving size 1 package (368g)
Calories 200 per serving

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Lentils, Potato, Spinach, Onions, Zucchini, Yellow Squash, Green Bell Peppers, Carrots, Water, Red Bell Peppers, Spanish Capers (capers, water, salt, wine vinegar), Garlic, Coconut Oil, Cumin, Olive Oil Blend (extra virgin olive oil, cold pressed sunflower oil), Spices, Paprika, Salt, Black Pepper, White Pepper. CONTAINS: Tree Nuts (Coconut).

