

# Lentils Health & Nutrition

100 grams of Lentils 



**VS**

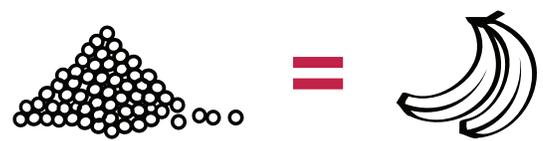
108 grams of Steak 



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!



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



**50%** of your daily recommended intake of Folate.



**45%** of your daily recommended intake of Iron.