

# Lentil Dal with Tomato & Kale

## Nutrients per Serving (based on recipe yield of 4 servings)

Calories (kcal)	235.4	Thiamin (mg)	0.2
Fat (g)	4.5	Riboflavin (mg)	0.3
Protein (g)	16.1	Niacin (ne)	4.6
Carbohydrate (g)	35.7	Folate (µg)	240.2
Sugar (g)	5.2	Vitamin B <sub>6</sub> (mg)	0.4
Fibre (g)	7.3	Vitamin B <sub>12</sub> (µg)	0.0
Vitamin A (RAE)	310	Calcium (mg)	89.6
Vitamin C (mg)	54.2	Iron (mg)	5.8
Vitamin D (µg)	0	Sodium (mg)	33.7
Vitamin E (mg)	1.3	Potassium (mg)	792.1

Nutrient analysis performed using Dietitians of Canada's [Recipe Analyzer](#).

## Canada's Food Guide Servings (per one serving of recipe)

Vegetables and Fruit	1
Grain Products	0
Milk and Alternatives	0
Meat and Alternatives	1