



Packer

163269 - Lentils Black Beluga

THESE TINY JET-BLACK LENTILS HOLD THEIR SHAPE WHEN COOKED AND TURN AN EYE-CATCHING BLACKISH GREEN COLOR, SIMILAR TO THAT OF CAVIAR. BLACK BELUGA LENTILS ARE GREAT IN SOUPS AND SALADS. THEY ADD DEPTH WHEN MIXED WITH PASTA OR RICE DISHES. VEGAN; VEGETARIAN; NON-GMO; GLUTEN-FREE; NOT KOSHER.



* Benefits

International Foodsource
Black Lentils; INGREDIENTS: BLACK LENTILS
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Ingredients

Black Lentils

⚠ Allergens

Free From:

- crustaceans
- eggs
- fish
- milk
- peanuts
- soy
- tree nuts
- wheat

Nutrition Facts

Servings per Container **10**
Serving size **0.125cup (0.13GS21)**

Amount per serving
Calories 160

% Daily Value*

Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 27g	10%
Dietary Fiber 8g	29%
Total Sugars 1g	
Includes 0g Added Sugar	0%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 3.6mg	20%
Potassium 0mg	0%

* 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.

Handling Suggestions

STORE IN A COOL, DRY PLACE.

Serving Suggestions

BLACK LENTILS ARE GREAT IN SOUPS AND SALADS. THEY ADD DEPTH WHEN MIXED WITH PASTA OR RICE DISHES

Prep & Cooking Suggestions

DIRECTIONS: IN A SAUCEPAN, BRING 2 CUPS WATER OR STOCK TO A BOIL. SLOWLY ADD 1 CUP OF LENTILS WHILE STIRRING TO KEEP FROM STICKING. REDUCE HEAT TO A SIMMER. COOK FOR 15-20 MINUTES OR UNTIL TENDER. DO NOT OVERCOOK. REMOVE FROM HEAT. DRAIN EXCESS WATER.

PLEASE SORT TO REMOVE UNWANTED MATERIAL BEFORE CONSUMING.

✍ Product Specifications

Brand	Manufacturer	Product Category
Packer	International Foodsource	Fruits & Vegetables, Frozen or Canned

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
688032030372	80030	163269	00790429800304		1/10 LB

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
10lb	10lb	Canada	No	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
12.4in	10.3in	5.6in	0.41ft3	21x10	547days	60°F / 77°F



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Nutrition Analysis - By Measure

Calories	160	Total Fat	1g	Sodium	15mg
Protein	12	Trans Fats		Calcium	50mg
Total Carbohydrates...	27g	Saturated Fat	0g	Iron	3.6mg
Sugars	1g	Added Sugars	0g	Potassium	0mg
Dietary Fiber	8g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

