



Valued Naturals

163270 - Lentil Red Split No Hull Petite Mas

RED LENTILS ARE A GREAT SOURCE OF PLANT-BASED PROTEIN. THEY CAN BE USED TO MAKE SOUPS OR EVEN BURGERS. THEY ALSO ARE GREAT IN SALADS OR YOU CAN TURN THEM INTO PATTIES TO HAVE AS A SNACK. THEY CAN BE USED AS A SUBSTITUTE FOR MEAT IN TACOS OR BURRITOS. THEY MAKE A GREAT SUBSTITUTE FOR MEAT.



Nutrition Facts

Servings per Container 100
Serving size 45.0g (45g)

Amount per serving
Calories 160

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 27g	9%
Dietary Fiber 10g	4%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 2.8mg	15%
Potassium 460mg	15%

* 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.

* Benefits

INTERNATIONAL FOODSOURCE, LLC.
RED SPLIT LENTILS; INGREDIENTS: RED SPLIT LENTILS; RED LENTILS ARE A GREAT SOURCE OF PLANT-BASED PROTEIN. THEY CAN BE USED TO MAKE SOUPS OR EVEN BURGERS. THEY ALSO ARE GREAT IN SALADS OR YOU CAN TURN THEM INTO PATTIES TO HAVE AS A SNACK. THEY CAN BE USED AS A SUBSTITUTE FOR MEAT IN TACOS OR BURRITOS. THEY MAKE A GREAT SUBSTITUTE FOR MEAT. VEGAN; VEGETARIAN; KOSHER; NON-GMO; GLUTEN-FREE.

Ingredients

RED LENTILS

Allergens

Free From:

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

Handling Suggestions

COOL, DRY PLACE UNIT UPC:
688032030020

Serving Suggestions

1/4 CUP; VARIETY OF RECIPES

Prep & Cooking Suggestions

WASH AND COOK BEFORE
CONSUMING.

Product Specifications

Brand	Manufacturer
Valued Naturals	International Foodsource

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
688032030020	80032	163270	10790429800325		1/10 LB

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
10.45lb	10lb	Canada	No	

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
12.2in	10.2in	5.6in	0.4ft3	21x10	240days	60°F / 77°F



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Nutrition Analysis - By Measure

Calories	160	Total Fat	0g	Sodium	0mg
Protein	12	Trans Fats	0g	Calcium	10mg
Total Carbohydrates...	27g	Saturated Fat	0g	Iron	2.8mg
Sugars	0g	Added Sugars	0g	Potassium	460mg
Dietary Fiber	10g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(U)		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

Additional Images

