



Packer

163271 - Lentils Golden Yellow

YELLOW LENTILS ARE USUALLY SOLD SKINNED AND SPLIT. THEY HAVE A MILD, NUTTY FLAVOR, AND ARE OFTEN COOKED AND SERVED AS A SIDE DISH OR GROUND INTO FLOUR.



Nutrition Facts

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

Amount per serving
Calories 160

	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 27g	10%
Dietary Fiber 8g	29%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 10mg	1%
Iron 2.5mg	14%
Potassium 420mg	9%

* 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.
YELLOW LENTILS ARE USUALLY SOLD SKINNED AND SPLIT. THEY HAVE A MILD, NUTTY FLAVOR, AND ARE OFTEN COOKED AND SERVED AS A SIDE DISH OR GROUND INTO FLOUR. OCCASIONALLY THEY COME COATED WITH AN OILY SUBSTANCE, WHICH SHOULD BE RINSED OFF. YELLOW LENTILS ARE A POPULAR COMMODITY AT INDIAN MARKETS. PLEASE SORT TO REMOVE UNWANTED MATERIAL BEFORE CONSUMING. INGREDIENTS: YELLOW SPLIT LENTILS.

Ingredients

YELLOW LENTILS

⚠ Allergens

Free From:



Handling Suggestions

COOL, DRY PLACE

Serving Suggestions

1/8 CUP, BOIL AND USE

Prep & Cooking Suggestions

BOIL AND USE

📄 Product Specifications

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

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
688032030037	91306	163271	00790429913066		1/10 LB

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
10.3lb	10lb	Canada	No	

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
10.3in	12.2in	5.4in	0.39ft3	10x21	540days	60°F / 77°F



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Nutrition Analysis - By Measure

Calories	160	Total Fat	1g	Sodium	0mg
Protein	12	Trans Fats		Calcium	10mg
Total Carbohydrates...	27g	Saturated Fat	0g	Iron	2.5mg
Sugars	0g	Added Sugars	0g	Potassium	420mg
Dietary Fiber	8g	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-12	
Monosodium		Sulphites		Nitrates	

Additional Images

