



Packer

163272 - Lentils Green French

FRENCH GREEN LENTILS ARE BLACK AND GREEN DAPPLED LENTILS. THEY HAVE A RICH FLAVOR AND HEARTY TEXTURE. LENTILS ARE A GOOD SOURCE OF IRON AND CALCIUM, AND DO NOT NEED SOAKING



Nutrition Facts

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

Amount per serving
Calories 160

	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 28g	10%
Dietary Fiber 10g	36%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 2.8mg	16%
Potassium 370mg	8%

* 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.
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Ingredients

GREEN FRENCH LENTILS

Allergens

Free From:



Handling Suggestions

COOL, DRY PLACE

Serving Suggestions

1/8 CUP. BOIL AND ADD TO RECIPES

Prep & Cooking Suggestions

UNPACK AND BOIL

Product Specifications

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

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
688032100044	80031	163272	00790429800311		1/10 LB

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
10.35lb	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	240days	60°F / 77°F



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Nutrition Analysis - By Measure

Calories	160	Total Fat	0.5g	Sodium	0mg
Protein	11	Trans Fats		Calcium	30mg
Total Carbohydrates...	28g	Saturated Fat	0g	Iron	2.8mg
Sugars	0g	Added Sugars	0g	Potassium	370mg
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

